



"All about food allergy" Culminating Activities

Activity 1: The food allergy Jeopardy game

Setting the context: With this activity, students are demonstrating the learning outcomes of Modules 1-4 (1. About food allergy, 2. About allergic reactions and anaphylaxis, 3. Managing food allergy, 4. Being a food allergy ally).

Activity 1 Overview: "Jeopardy" PowerPoint

- Participation in a Jeopardy-style game with questions on food allergy and anaphylaxis
- Time: 30 minutes

Set-up

- Ensure the slides are displayed in the slideshow view mode. Select "BACK TO PANEL" at the bottom of each slide to display the gameboard after each question. DO NOT advance the slides (i.e., go backwards or forwards) as this will automatically prompt the next question in the same category vs. allowing students to select a category and level.
- You will act as the host for this activity and ask the students the questions
- Print the answer key so you have the answers in advance, in case you need to prompt students if they are having difficulties answering the questions
- Use the "Jeopardy" PowerPoint (can be used in Google Slides) to play the game. The gameboard includes five categories: Myths and Facts, Know it. and The Science, Safety Steps, #FoodAllergyChampions, and Treat it.
- There are five levels of questions with corresponding dollar amounts (\$200-\$400-\$600-\$800-\$1000), these are noted on the Jeopardy Scorecard
- Print the scorecard for each team to keep track of their dollars
- Use the last slide to announce the "winner"

Activity 1 Description

- Divide the students into teams
- Teams take turns choosing a topic category and select the question and dollar amount (e.g. "We want Safety Steps for \$600")
- After team 1 answers a question, then team 2 starts their turn, and so on
- The game continues until all dollar amounts under each category have been chosen and questions have been correctly answered
- The team with the most money wins

Team: _____ Date: _____

Jeopardy Scorecard

Category and Question	Dollars	Team Dollars
Myths and Facts: In this category the correct question is either "What is a myth?" or "What is a fact?"		
Benadryl® can be used to treat anaphylaxis. <i>Your answer:</i>	\$200	
Only certain foods cause an allergic reaction. <i>Your answer:</i>	\$400	
You can be allergic to more than one food. <i>Your answer:</i>	\$600	
Hives always appear during anaphylaxis. <i>Your answer:</i>	\$800	
The smell of a food alone does not cause an allergic reaction. <i>Your answer:</i>	\$1000	
Know it. and The Science		
The most serious type of allergic reaction. <i>Your answer:</i>	\$200	
The body system involving symptoms such as coughing and wheezing. <i>Your answer:</i>	\$400	
The body system involving symptoms such as dizziness or lightheadedness. <i>Your answer:</i>	\$600	
A special white blood cell that's part of the immune system and explodes when it detects an invader. <i>Your answer:</i>	\$800	
The antibody a body makes when it's trying to protect itself from a food it thinks is dangerous. <i>Your answer:</i>	\$1000	
Safety steps		
The part of a pre-packaged food that can be checked for food allergens. <i>Your answer:</i>	\$200	
A good hygiene practice that can help reduce the risk of an allergic reaction. <i>Your answer:</i>	\$400	
It's best not to share this with someone who has food allergy. <i>Your answer:</i>	\$600	

Someone with food allergy should avoid products containing this type of statement and their allergen. <i>Your answer:</i>	\$800	
This can happen when a food allergen accidentally gets into another food, onto a surface, or in saliva. <i>Your answer:</i>	\$1000	
#FoodAllergyChampions		
The NASCAR driver who has food allergies. <i>Your answer:</i>	\$200	
The NHL player who has a food allergy. <i>Your answer:</i>	\$400	
When you speak for others with food allergy who are being bullied. <i>Your answer:</i>	\$600	
A person or group that provides assistance and support to others in an ongoing effort or activity. <i>Your answer:</i>	\$800	
The five ways to be a food allergy ally. <i>Your answer:</i>	\$1000	
Treat it.		
The best medicine to treat anaphylaxis. <i>Your answer:</i>	\$200	
The timing of when you should give a second dose of epinephrine if there's no improvement in symptoms after the first dose. <i>Your answer:</i>	\$400	
The part of the body where an epinephrine auto-injector should be injected. <i>Your answer:</i>	\$600	
While using an epinephrine auto-injector, this step can also be taken at the same time. <i>Your answer:</i>	\$800	
The steps on how to administer an epinephrine auto-injector. <i>Your answer:</i>	\$1000	
Amount of team dollars		
Add \$1000 bonus for spelling "anaphylaxis" correctly		
Total amount of team dollars		

Jeopardy Answer Key

Category and Question	Answer
Myths and Facts For this category, prompt students to answer either “What is a fact” or “What is a myth”	
Benadryl® can be used to treat anaphylaxis.	What is a myth?
Only certain foods cause an allergic reaction.	What is a myth?
You can be allergic to more than one food.	What is a fact?
Hives always appear during anaphylaxis.	What is a myth?
The smell of a food alone does not cause an allergic reaction.	What is a fact?
Know it. and The Science	
The most serious type of allergic reaction.	What is anaphylaxis?
The body system involving symptoms such as coughing and wheezing.	What is the breathing system?
The body system involving symptoms such as dizziness or lightheadedness.	What is the heart system?
A special white blood cell that’s part of the immune system and explodes when it detects an invader.	What is a mast cell?
The antibody a body makes when it’s trying to protect itself from a food it thinks is dangerous.	What is Immunoglobulin E or IgE?
Safety steps	
The part of a pre-packaged food that can be checked for food allergens.	What is a food label?
A good hygiene practice that can help reduce the risk of an allergic reaction.	What is washing hands?
It’s best not to share this with someone who has food allergy.	What is food? (or straws, utensils or food containers)
Someone with food allergy should avoid products containing this type of statement and their allergen.	What is a “contains” or “may contain” statement?
This can happen when a food allergen accidentally gets into another food, onto a surface, or in saliva.	What is cross-contamination?
#FoodAllergyChampions	
The NASCAR driver who has food allergies.	Who is Alex Tagliani?
The NHL player who has a food allergy.	Who is Alexis LaFreniere?
When you speak for others with food allergy who are being bullied.	What is advocating?
A person or group that provides assistance and support to others in an ongoing effort or activity.	What is an ally?
The five ways to be a food allergy ally.	What is knowing about food allergy, reducing risks, supporting, being inclusive, being an advocate?
Treat it.	
The best medicine to treat anaphylaxis.	What is epinephrine?

<p>The timing of when you should give a second dose of epinephrine if there's no improvement in symptoms after the first dose.</p>	<p>What is 5 minutes?</p>
<p>The part of the body where an epinephrine auto-injector should be injected.</p>	<p>What is the thigh?</p>
<p>While using an epinephrine auto-injector, this step can also be taken at the same time.</p>	<p>What is calling 9-1-1?</p>
<p>The steps on how to administer an epinephrine auto-injector.</p>	<p>The steps should be given in the correct order (although step 1 and step 2 can happen at the same time)</p> <p>Step 1: What is give an epinephrine auto-injector?</p> <p>Step 2: What is call 9-1-1?</p> <p>Step 3: What is use a second auto-injector 5 minutes after giving the first dose if there's no improvement?</p> <p>Step 4: What is go to the hospital?</p> <p>Step 5: What is call the emergency contact?</p>

Activity 2: Anaphylaxis “fire drill” exercise

Setting the context: With this activity, students are demonstrating the learning outcomes of Modules 1-4 (1. About food allergy, 2. About allergic reactions and anaphylaxis, 3. Managing food allergy, and 4. Being a food allergy ally).

Activity 2 Overview: Allergic reaction/anaphylaxis role play

- Participation in a fire-drill type of exercise for handling a food allergy emergency (anaphylaxis) in the classroom
- Time: 30 minutes

Set-up

- Students to role-play what their job would be if a classmate or another student was experiencing anaphylaxis and if possible, do so in collaboration with the principal, lunch and playground supervisors
- Ask for volunteers and/or involve the class in determining who can take on these roles:
 - Student to have a “mock” anaphylactic reaction from accidentally consuming something they are allergic to
 - Student to be in charge of administering the epinephrine auto-injector
 - Student to go the principal’s office to call 911
 - Student to be in charge of keeping the rest of the class calm, quiet and away from the student having the reaction
 - Group of students to meet the emergency medical services (EMS) personnel
 - Several students to be in charge of hallway management to ensure EMS has access to the classroom
 - Adult(s) to act as EMS personnel
 - Student to go the principal’s office to call the emergency contact person
 - Use an epinephrine auto-injector training device for this activity
 - Optional: Decide if students are allowed to raise their voices with the principal, lunch and playground supervisors, other staff, or other students as they are completing their tasks
 - Optional: Roleplay an anaphylactic reaction taking place on a school/city bus ride home, at a party, and/or on the playground during recess (students can be broken up into groups with different situations to role play)

Activity 2 Description

- The designated student has a “mock” anaphylactic reaction
- Have the other students complete their tasks using the 5 emergency steps:
 - Administering the epinephrine auto-injector
 - Calling 911
 - Keeping everyone in the class calm and giving space to the student having the reaction
 - Managing the hallway
 - Meeting EMS and directing them to the classroom
 - Calling the emergency contact person
- Once completed, discuss what worked well and what could be improved with students

Debrief and Reflection

Provide time for students to debrief and reflect on this exercise. Below are sample questions you can ask to support students with discussing the exercise.

- What do you think went well during the exercise? What could have been improved?
- How did you feel during the exercise? How do you think you may feel if the situation were to really occur?
- Was everyone able to stay calm during the exercise? What could you do to keep people, and yourself calm, if the situation was to really happen?
- Did this exercise help you to know what steps to take if someone was to have an anaphylactic reaction? Do you still have questions about what to do?