



## Introduction to the “All about food allergy” pilot program

### “All about food allergy” program for grades 4-6

“All about food allergy” is a free, medically-reviewed and curriculum-linked program designed to develop the knowledge and skills students need to support the health and well-being of self and others.

This program focuses on:

- Food allergy and anaphylaxis (what is it and how to treat it)
- What happens inside the body when someone has a food allergy and during anaphylaxis
- What triggers anaphylaxis
- Understanding how to be a good citizen
- Building skills around inclusion and empathy
- How to support others

Developed by Food Allergy Canada and the Sweet Caroline Foundation, this program is in response to research showing substantial gaps in the understanding and management of food allergy in Canada in community/public settings. **By educating students, teachers can play a pivotal role in helping to significantly close these gaps.** This goal of this program is educate and enable the next generation in recognizing food allergy as a medical condition, and increase empathy and support for its management within community settings, especially schools.

Note: The term “food allergy” is used throughout this program (vs “food allergies”) as “food allergy” is the name of the medical condition.

### Skills-based approach

“All about food allergy” employs a skills-based approach that builds upon knowledge through the development of relevant and practical life skills. These include communication, collaboration, problem-solving and other skills. Teachers act as skill facilitators, helping to prepare students to use these new skills in purposeful ways that support positive health outcomes.

**Teachers’ active role throughout the skills process includes:**

- Providing learning experiences that include skill instruction, skill practice, and skill performance
- Assessing students’ ability to apply their new learning

## Comprehensive school health

By encouraging students to recognize their role in the health of their community, “All about food allergy” incorporates elements of the comprehensive school health plan framework which includes these four components:

- **Teaching and learning** focuses on teaching and learning in all environments that help build knowledge and develop skills to improve overall health and well-being. Specifically, “All about food allergy” emphasizes life skills development around healthy eating/food literacy and personal safety.
- **Physical and social environment** focuses on the social environment, relationships, emotional well-being, and the physical spaces in and around the school. Specifically, “All about food allergy” emphasizes actions around good citizenship through understanding the mental health impacts of food allergy and how to support those with this condition.
- **Policy** focuses on provincial, district, school, and/or classroom policies, rules, procedures and codes of conduct at all levels that help foster a safe, caring and inclusive school environment for all students, including those with medical conditions.
- **Community partnerships and service** focuses on connections between the school and the greater community, and within the school, in regarding the management of food allergy as a shared responsibility.

Students will be able to apply their learning in situations that may occur at school, at home, and in the community. This includes within their own cultural groups, with Elders, and other community leaders – students can share their knowledge to increase awareness and understanding beyond the classroom setting.

## “All about food allergy” program learning experiences

The program is comprised of four modules/learning experiences detailed below. These experiences are designed to be flexible in how teachers engage students in them. The length of time needed to complete each experience is determined by the teacher, based on factors such as students’ current understanding and skills, teacher and student identified needs for further learning, and jurisdictional curriculum.

### Modules/learning experiences:

1. About food allergy
2. About allergic reactions and anaphylaxis
3. Managing food allergy
4. Being a food allergy ally

### Each module/learning experience offers the following content:

- Setting the context
- Learning resources (e.g., short videos, 2-4 minutes in length)
- Guided learning experience (e.g., PowerPoint presentation with scripted notes)
- Instructional activities to support the learning

**Note: The assessments are mandatory. The pre-assessment should be completed prior to teaching the pilot and the post-assessment is to be completed after teaching the pilot.**

**Time requirements:**

Each module/learning experience takes approximately 30 minutes of time. Educators can choose the activities to supplement the learning for each module; it may require an additional 30 minutes per module to complete them. Please do as many activities as possible – our hope is to test all the activities during the pilot. The minimum requirement is to complete at least one activity per module.

**Equipment requirements:**

- Computer
- Internet access
- Screen technology
- Audio technology
- Printer

**Using the “All about food allergy” PowerPoint presentation:**

For optimal viewing, use the slideshow mode to display the slides. Ensure that only you can view the notes or print the notes separately so you can refer to them.

**Note:** You may receive a pop-up message about external pictures/images being blocked. You can enable the content as the pictures/images included in this presentation are secure.

**Future use of the program:**

The program can be varied for use in grades 4, 5 and 6 by choosing different activities for the learning modules. Once the program is launched nationally later this year, it is ideal to teach the program annually.

**For Educators:**

For teacher training, take our 30-minute “Anaphylaxis in Schools” interactive online course at **AllergyAware.ca**. This free, medically-reviewed course has been developed to help you prevent and manage severe allergic reactions in schools and provides a personalized certificate for successful completion. It’s available in English and French.

## The organizations behind this pilot program

### Who is Food Allergy Canada?

Food Allergy Canada is a national non-profit charity and Canada's leading patient organization committed to educating, supporting, and advocating for the more than 3 million Canadians affected by food allergy. Food Allergy Canada focuses on improving the daily quality of life of individuals and families by providing education and support needed to effectively navigate food allergy, building informed and supportive communities, and acting as the national voice on key patient issues.

### Who is Sweet Caroline Foundation?

The Sweet Caroline Foundation was formed in memory of Caroline Lorette, a New Brunswick teen who passed away after accidentally eating something that contained her allergen. Caroline is the inspiration behind the "All about food allergy" program and elements of her journey navigating multiple food allergies are included in the program content. Her story is shared throughout the modules and can be used at the teacher's discretion.

## Prior to Module 1: Meet Caroline

Share slide 2 of the "All about food allergy" PowerPoint presentation with students **before** teaching Module 1. This slide prompts you to show a 2-minute video titled "Meet Caroline". In this video, students are introduced to Caroline Lorette of Rothesay, New Brunswick. She is the inspiration for this school program and students will learn more about her throughout the program.

## Pre/Post Assessments

A **K-W-L** chart is included as the formative assessment for this learning, a sample chart is provided on the next page of this document.

- **Pre-assessment: Before teaching the pilot program**  
Have students complete the **K** and **W** of the K-W-L Chart to identify what they know about food allergy and what they want to know prior to this program.
- **Post-assessment: After teaching the pilot program**  
Have students fill out the **L** of the K-W-L Chart to identify what they discovered from any of their "want to know" thoughts and what they learned about food allergy from this program.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**K-W-L Chart**

**Topic:** Food allergy

What I <b>K</b> now	What I <b>W</b> ant to Know	What I <b>L</b> earned