



Think Food Think Allergy

Join our Safetylicious Movement
and help keep classrooms safe for
kids living with allergies



**Now there's
a tasty little
idea!**

Hello parents & teachers

We're on a mission to help kids with allergies stay safe at school

We know it can be hard for those who aren't affected by allergies to understand just how worrying it can be for kids who are when they step out of the door to go to school. It's especially difficult for their parents too, who are constantly assessing potential risk.

Thankfully, more and more schools are adopting allergy policies. However, without supporting education for non-allergic kids and teachers who are new to allergies, the reality is – accidents can and do happen.

Too often we hear from Allergy-Mums of times when there their child was put in danger. When other kids, even teachers, inadvertently brought allergens into the classroom. We want to avoid this – and you can help!

That's why we've put together this fun information pack to help parents and teachers alike educate kids on what it means to live with intolerances and allergies.

Our message is simple:

When food comes out at school, stop for a moment and ask yourself if it's safe for kids with allergies who may be around you.

What to do



1. Print out the games
2. Get the classroom involved
3. Help keep kids with allergies safe

Designed for
kids age 5-11



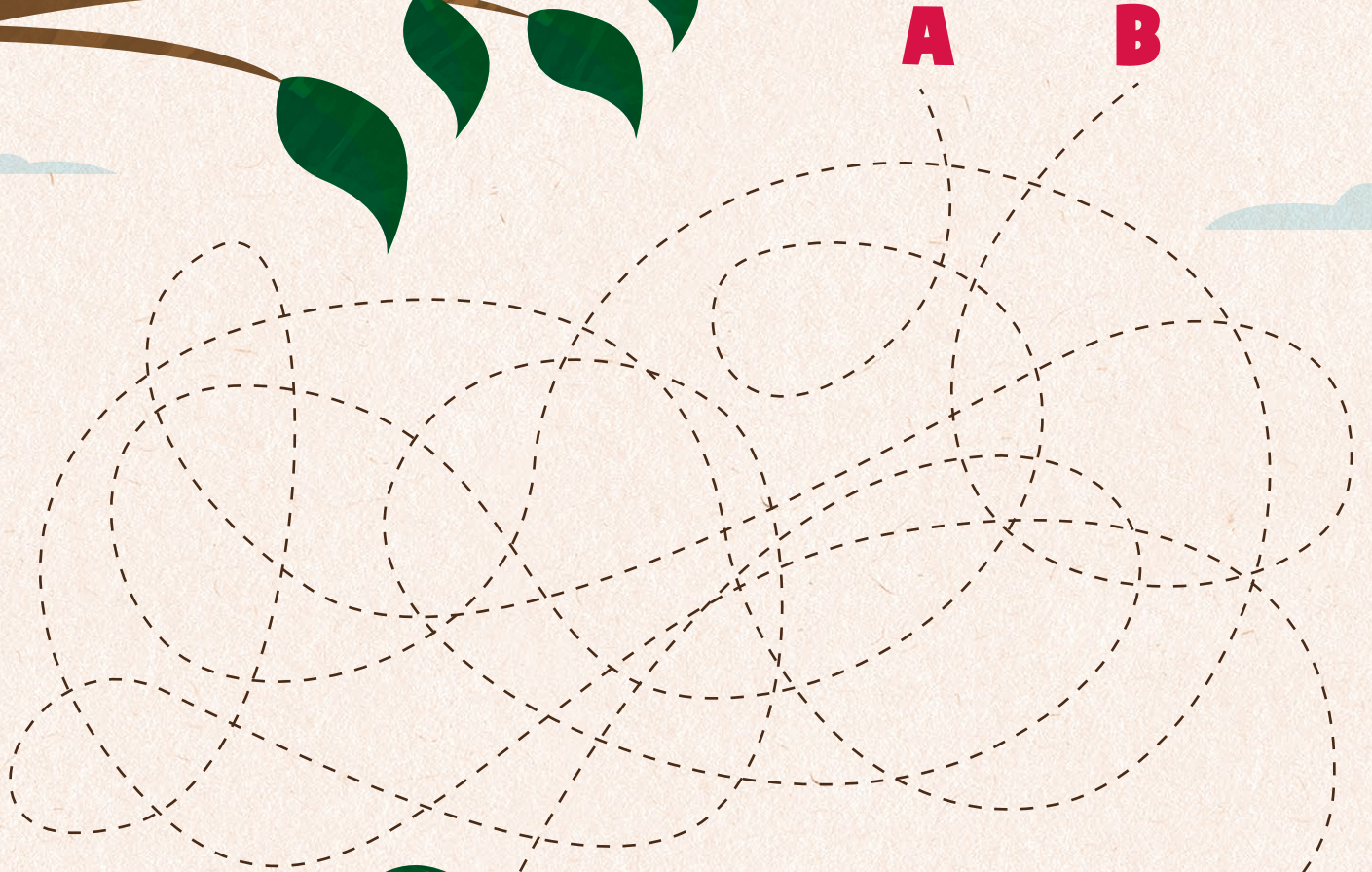
Bird's Safe Flight

Hey! I'm allergic to peanuts and it's nearly lunchtime. Can you tell me which route to fly so I can find my apple and stay safe?



A

B



The Great Big Allergy Word Search!

C R U S T A C E A N S I
F V O E F Q I E N E U N
C E A S O Y A N O E L T
K U C A G L U T E N P R
D Y M M A P C E E H H E
R P C E L E R Y H A I E
A T H M N A S R Y P T N
T L U P E N F I S H E U
S U F P R U E A H G S T
U Y U Y L T C D T T G S
M O L L U S C S H N G T
Y A M Y E S S N Y E E D



Sulphites
Lupen
Mustard
Tree Nuts
Fish

Gluten
Dairy
Crustaceans
Eggs
Molluscs

Celery
Peanuts
Sesame
Soya

**Can you
find all 14 Top
Allergens?**



Spot the Difference

(There are 14 to find)



The Allergy Quiz

Question 1

What is an allergen?

- ♪ A food someone's is allergic to
- ♪ Someone who has food allergies
- ♪ An allergic reaction
- ♪ Rashes or hives

Question 2

What signs should you look for if someone is suffering from Anaphylaxis?

- ♪ Feeling Light headed or dizzy
- ♪ Difficulty breathing
- ♪ Swollen lips
- ♪ All of the above

Question 3

If someone is suffering from Anaphylaxis what should you do?

- ♪ Ask them if they're okay
- ♪ Find an adult and ask them to call 999 and request for an ambulance
- ♪ Just keep playing

Question 4

The most common food allergies in children in Britain are:

- ♪ Milk, eggs and peanuts
- ♪ Tomatoes, lentils and cucumbers
- ♪ Fish, beef and potatoes

Question 5

True or False. If you share a playtime snack that has traces of peanuts with someone who has a peanut allergy, they could have an allergic reaction?



Signs & Symptoms of **ANAPHYLAXIS**

Print me out and
put me on your
classroom wall

Brain

Anxiety, confusion,
headache, feeling that
something is about to
happen

Airway

Coughing, shortness
of breath, wheezing,
chest pain or tightness,
tightening of throat,
difficulty swallowing

Heart

Faint, pale or blue
colour, dizziness, weak
pulse, shock, loss of
consciousness

Skin

Hives, swelling, itchiness,
widespread redness,
warmth

Stomach

Nausea, vomiting,
diarrhea, stomach pain
or cramps

Source: npjournal.org

Give 
Epinephrine



Call
999

Answers

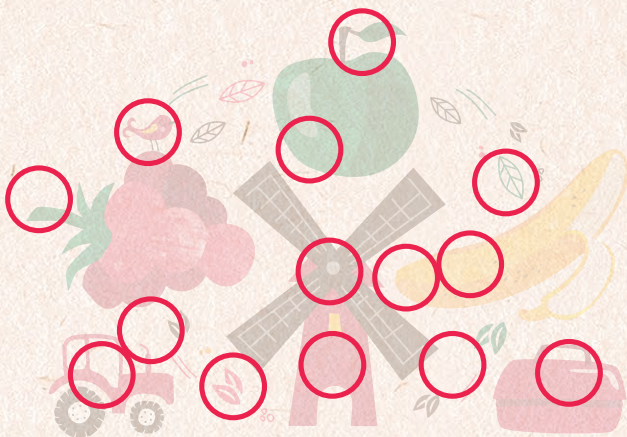
Bird's Safe Flight

Answer: Route B

The Great Big Allergy Word Search



Spot the Difference



The Allergy Quiz

Question 1

A food someone's is allergic to

Question 2

All of the above

Question 3

Find an adult and ask them to call 999 and request for an ambulance

Question 4

Milk, eggs, peanuts

Question 5

True