Food Allergy Awareness Lesson Plan

9th-12th grade students will become more aware of food allergies when they:

- Learn and Review the Basics
- Investigate Hand Washing
- Explore the Food Allergy Labeling & Consumer Protection Act (FALCPA)
Dear Teachers,

Food allergies affect approximately 1 in 13 children under the age of 18, or about 2 children per classroom. With so many affected, it is crucial for educators to build an awareness of the seriousness of food allergy in all of their students. FAACT is here to help you. The teacher-designed activities in this free guide can be used to introduce your students to common allergens and safety protocols while encouraging empathy for classmates with a food allergy. Along the way, you will likely find ways to modify or improve upon the suggested activities and procedures presented here. We encourage you to share your ideas with us. Your input will guide updates to this resource.

We sincerely hope that you and your students will enjoy learning about food allergies with FAACT!

Inside this Guide:

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2. Food Allergy “FAACTs” for Teachers
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Getting Started

Please read the “FAACTs” for Teachers and take some time to look over the suggested classroom activities. Choose a few that you think would benefit your students. At minimum, it is recommended that all students experience the “Introduction to Food Allergies” activity. This lesson consists of a straightforward PowerPoint presentation and scripted speaker notes and can be used completely on its own to build food allergy awareness in as little as 15 minutes.

Food Allergy “FAACTs” for Teachers

Food Allergy Basics

- Food allergies affect approximately 15 million Americans, including 1 in 13 children under the age of 18. That is 2 students in every classroom. The prevalence of food allergies appears to be increasing among children under the age of 18.
- A food allergy is an abnormal immune system response to a food the body mistakenly believes is harmful. When a person with a food allergy eats a certain food (food allergen), his or her immune system releases massive amounts of chemicals that trigger a cascade of symptoms that can affect the respiratory system, the gastrointestinal tract, the skin, and/or the cardiovascular system.
- There is no cure for food allergies. Strict avoidance is the only way to prevent an allergic reaction. Trace amounts of any allergen can trigger a severe reaction called anaphylaxis.
- Managing a food allergy on a daily basis takes constant vigilance.

Common Food Allergens

- Eight foods account for 90% of all food allergy reactions. The top eight foods are: peanuts, tree nuts, milk, eggs, wheat, soy, fish and shellfish. However, students can be allergic to a different food or even more than one food.
Signs and Symptoms of an Allergic Reaction

Allergic reactions can range from mild to severe and can develop rapidly after exposure to an allergen, usually reaching peak severity within 5 to 30 minutes, but this may be delayed up to 2 hours. Reactions can occur when an allergen is ingested, inhaled, or by skin contact. Signs and Symptoms include:

- **Mouth:** swelling of the lips, tongues, or palate (roof of the mouth)
- **Eyes/Nose:** runny nose, stuffy nose, sneezing, watery red eyes, itchy eyes, swollen eyes
- **Skin:** hives or other rash, redness/flushing, itching, swelling
- **Gut:** abdominal pain (a sharp, stabbing pain called colic), vomiting, diarrhea, nausea
- **Throat:** hoarseness, tightening of throat, difficulty swallowing, hacking cough, stridor (a loud, high-pitched sound when breathing in)
- **Lungs:** shortness of breath, wheezing, coughing, chest pain, tightness
- **Mental:** anxiety, panic, sense of doom
- **Circulation/Heart:** chest pain, low blood pressure, weak pulse, shock, pale blue color, dizziness or fainting, lethargy (lack of energy)

**Symptoms of the throat, lungs, and heart are all immediate and potentially life-threatening.**

Anaphylaxis

- Anaphylaxis (an–a–fi–LAK–sis) is a serious allergic reaction that comes on quickly and has the potential to become life-threatening.
- Anaphylaxis includes a wide range of signs and symptoms that can occur alone or in combination after exposure to an allergen.
- Anaphylaxis requires immediate medical treatment, including an injection of epinephrine and a visit to the emergency room.
- Anaphylaxis can be fatal if not treated promptly.

A Food Allergy is NOT:

- A food intolerance (lactose intolerance, Celiac disease/gluten intolerance, etc.).
- A food preference (vegetarian, kosher, etc.).

Bullying

A 2010 study by doctors at Mount Sinai Medical Center [1] found that among children older than five who have food allergies, 35 percent experienced bullying, teasing, or harassment due to food allergies. Of those children:

- 86 percent said the bullying happened more than once.
- 82 percent of the bullying incidents happened at school.
- 80 percent were bullied by other students.
- 21 percent were bullied by a teacher or other school staff.
- 79 percent said the bullying was due to food allergies alone.
- More than 20 percent were harassed by teachers and staff.
- 43 percent reported having an allergen waved in their faces.
- 65 percent reported feeling depressed or embarrassed because of the bullying.

Children who bully food-allergic peers generally do so because there is a lack of awareness and education about food allergies and their consequences. In addition, children model adult behaviors. In a classroom setting, for example, if a teacher does not include a food-allergic student in a class activity, then it appears to be socially acceptable to exclude the child in all social activities. The food-allergic child then becomes the outcast because he or she is “different.” In many cases, children who appear different are bullied no matter the type of disability. Therefore, it is important for teachers to create and maintain a more inclusive environment that includes the food-allergic student in programs and activities provided by the school. In doing so, this helps reduce the risk of bullying incidents.
Food Allergy Awareness
Activities

Introduce the Unit: Tell students that they will increase their understanding of food allergies when they watch a PowerPoint presentation and complete various activities.

Assess What Students Know: Copy and distribute a KWL graphic organizer. (see page 10). Invite the students to list what they Know and what they Want to know about food allergies. After viewing the presentation, have students return to the KWL graphic organizer to record what they have learned. If students work through other activities in this resource, be sure to have them re-visit and add to the KWL graphic organizer along the way.

Begin with an Introduction to Food Allergies
Show the “Food Allergy Awareness” PowerPoint presentation for 9th-12th grade students and increase their awareness in as little as 15 minutes.

Objective: Expose students to a variety of food allergy topics including prevalence, top allergens, identifying and reporting a reaction, and the need for safety precautions.

Materials:
• Interactive whiteboard or alternate hardware for playing the PowerPoint presentation
• “Food Allergy Awareness” Power Point presentation
• Suggested Speaker Notes (pg. 6-9)

Procedure:
1. Download and review the presentation slides and suggested speaker notes.
2. Modify the speaker notes as needed to meet the needs of your students.
3. Lead students through the presentation by reading the suggested or modified script for each slide.
4. Engage students in discussion as questions and comments arise.

Suggested Speaker Notes:

Slide 1: Many adults and children have allergies. They can be allergic to tree pollen, bee stings, cats, dogs, medicine, poison ivy and any kind of food. This presentation will increase your awareness of one specific allergy; food allergies.

Slide 2: Let’s start by discussing food allergy prevalence. Food allergies affect approximately 15 million Americans including 6 million children under the age of 18. That’s more people than the combined populations of Illinois and New Mexico! For children under the age of 18, that’s about 2 students per classroom.

Slide 3: Any food can cause an allergic reaction. However, eight foods account for 90 percent of serious allergic reactions. These eight foods are: egg; fish; milk; peanut; shellfish; soy; tree nuts; and wheat.

Slide 4: A true food allergy involves a body’s immune system. Unfortunately, the term “allergy” is often used loosely and incorrectly. For example, a person with a milk intolerance might say she is “allergic” to milk even though it is not a true “allergy.” A milk intolerance involves the digestive system, not the immune system. And, allergies can be deadly while intolerances are normally not life threatening.
Slide 5: Allergic reactions to food can be unpredictable and range from mild to severe. Symptoms usually appear within 5-30 minutes after exposure to an allergen. Exposure can happen by ingestion (eating the food), inhalation (breathing in dust or vapors), and/or skin contact. Ingestion of an allergen usually results in the most severe of reactions. If you or someone you know begins to experience symptoms, get medical attention immediately!

Slide 6: Anaphylaxis (an—a−fi—LAK—is) is a serious allergic reaction that comes on quickly and has the potential to be deadly. This type of severe reaction requires immediate medical treatment, including an injection of epinephrine (ep·uh·NEPH·rin), which is a potentially life-saving medication, and a visit to the emergency room. Anaphylaxis can be fatal if not treated promptly. Fact: In 70% of fatal or near fatal cases of food allergy reactions, there was either a delay in the administration of epinephrine, or epinephrine was not administered at all.

Slide 7: Epinephrine auto-injectors are prescribed by doctors. Individuals with food allergies should have access to an auto-injector at all times.
- Epinephrine is the first medication that should be administered when treating anaphylaxis. Epinephrine reverses symptoms and allows time to seek additional care.
- When injected, epinephrine works rapidly to help increase blood pressure and keep blood flowing to vital organs. It also improves breathing, relieves cramping, decreases swelling, and helps blocks itching and hives. Epinephrine auto-injectors are designed to go through clothing and are typically injected into the upper, outer thigh. Let’s watch the video to see how to use one type of auto-injector, the Auvi-Q™.

Slide 8: There is no cure for food allergies. The only way to prevent an allergic reaction is to avoid the allergen. Strict avoidance is the best way to prevent a reaction. This includes all products that definitely contain the allergen as well as those that “may contain”, “might contain”, or “made in a shared facility”. Even a small exposure to a food allergen is dangerous and will likely result in an allergic reaction.

Slide 9: It takes a lot of effort to avoid problem foods. Think about this: If you had an egg allergy you would probably know to avoid hard boiled eggs or an egg burrito. But how about a cheeseburger at your soccer team’s end-of-season picnic? A scoop of ice cream at a friend’s birthday party? Do those foods contain eggs? It’s hard to tell just by looking. Consider this cheeseburger and ice cream cone. Which of these likely contains hidden eggs? Actually, both items do. The burger meat was mixed with an egg to add moisture. The bun contains baked egg and is smeared with mayonnaise (an egg-based condiment). The ice cream contains eggs too. Unfortunately, the foods pictured here do not have a food label listing the ingredients. It’s very risky for someone with food allergies to consume a food that does not have ingredients available.

Slide 10: Reading ingredient lists is extremely important for people with food allergies. If there are no ingredients available to read, then the food/beverage should not be consumed. Take a look at this food label for a popular candy bar. Is it safe for someone with a peanut allergy? Milk allergy? Egg allergy? Tree nut allergy? How can you tell? Did you notice the Allergy Information statement warning that the candy may contain almonds (tree nuts)?
Since 2006, Federal Law mandates that all packaged foods containing milk, egg, wheat, soy, fish, shellfish, peanut, or tree nut must be labeled with clear, straightforward language. Sometimes, a food company will include an allergy statement on products to warn if there is a chance that allergens might be present even though they are not a main ingredient. However, this is not a mandate.

Slide 11: It’s also very important for people with food allergies to ask lots of questions about how foods are prepared and handled. This is because allergens, like peanuts, can touch other foods, surfaces, cookware and utensils inadvertently. When this happens it is called cross contact and it can trigger an allergic reaction. Can you describe different ways that these strawberries could have cross contact with peanut butter?
Slide 12: There are many ways that you can help your classmates to stay safe with food allergies. One way is to follow your school’s safety rules. For example, maybe your school has certain areas like the library or gymnasium designated as food-free zones. There might be a rule that you cannot eat on the school bus, share food, or start a food fight. By following the rules you will be helping classmates with food allergies to stay safe. Let’s talk more about some of the specific ways that you can help:

Slide 13: You can help your friends with food allergies by reminding and encouraging them to always carry their epinephrine auto-injectors with them. Fact: Teens are a high risk group for experiencing fatal allergic reactions because they don’t always carry this important, life-saving medication. It might be inconvenient or embarrassing to carry the medication, but it is absolutely necessary.

Slide 14: You probably know that it’s a great idea to wash your hands before eating to remove germs that can make you sick. But, did you know that you can help keep classmates with food allergies safe from cross-contact by washing your hands AFTER you eat? By washing your hands with soap and water or a hand wipe, you can remove leftover residues. Guess what does not clean food off of your hands? Hand Sanitizer! Hand sanitizer will kill germs but it will not clean food from your hands!

Slide 15: If you think that a classmate is having an allergic reaction you can help by quickly telling a teacher or another adult. If you can’t find an adult quickly, you should call 911. If you know that the individual is self-carrying an epinephrine auto-injector, be sure to let an adult or 911 operator know. Do you remember some of the warning signs that someone needs help? Someone who is having an allergic reaction might complain of an itchy mouth, have a rash or get itchy raised hives. Their throat might feel tight and they could have a hard time breathing.

Slide 16: You can also help your classmates with food allergies by being kind. It is never nice to tease or bully anyone. Ever. Why would anyone want to hurt someone’s feelings? Food Allergies is only one piece of the whole person. It’s important to remember that classmates with food allergies are otherwise very similar to you. Classmates with food allergies may enjoy the same sports, music, or books as you do! They might have the same sense of humor or enjoy the same movies. Fact: 24% of food allergic teens reported in a study that they were bullied in some way. Most of these teens reported that the bullying was related directly to their food allergies.

Slide 17: Sometimes your classmates with food allergies could feel left out. They might feel frustrated, sad, angry, or embarrassed that they can’t eat the same foods as everyone else. You can help by considering ways to include your friends with food allergies. Here are some ideas: When you’re making reservations for a fun birthday dinner, instead of leaving out the friend who has a food allergy, take some time to research and choose a restaurant that has experience with handling food allergies. Ask your friend for recommendations. If your circle of friends is bored and looking for something to do, try baking together at someone’s home instead of going out for cupcakes, donuts, and coffee. Your food allergic friend can introduce you to clever ways of making substitutions in recipes that contain allergens. Remember, not all activities need to revolve around food. Invite your food allergic friend to play some ball, go for a run, walk the dog, or swim laps.

Slide 18: Now that you know so much about food allergies, you can teach others! Here are just a few ideas: Celebrate Food Allergy Awareness Week at school, host a fundraiser to support food allergy research, encourage your school to purchase and display awareness materials like the poster shown here. Speaking up on social media is another idea. How else can you spread awareness?

Slide 19: Thanks for learning about food allergies with FAACT! If you’d like to quickly sum up what you’ve learned today, we recommend this video from the National Institute of Allergy and Infectious Diseases.

** End of Speaker Notes **
This is what I Know About Food Allergies:

This is what I Want to Know:

This is what I Learned:
Review the Facts: Food Allergy Dots and Boxes
This activity combines the game of Dots and Boxes with food allergy review cards.

Objective: Students will work with partners to review food allergy concepts by answering true/false, yes/no, multiple choice, and fill in the blank questions.

Materials:
- A set of review cards with answers for each pair of students
- Copies of the Dots and Boxes game template (pg 9) cut into half sheets.

Procedures:
1. Prepare a set of review cards and a game template for each pair of students. Consider copying the review cards onto cardstock or attaching to index cards for durability and repeated use by multiple classes.
2. Tell students that they will be reviewing what they’ve learned about food allergies as they play a game called Dots and Boxes. Demonstrate for students how to play, group students in pairs, distribute the materials, and facilitate the activity as needed.

Set Up
Shuffle and deal the cards, face down, evenly between both players.
Place the game template between both players.

Game Play
1. The oldest player begins by drawing a card and reading it aloud to his/her opponent.
2. If the opponent answers correctly, he/she can add a single horizontal or vertical line between two adjacent dots. If he/she cannot answer correctly, no line may be drawn.
3. Players continue to take turns until a player draws a line that completes a box. Players should claim the box by writing their initial inside. Game play then resumes until no more cards remain. The winner of the game is the player with the most points. Option: Students can re-shuffle and re-deal the cards and continue playing until no more lines can be drawn.

Extension
Each game template challenges student pairs to describe food allergies in a 6 word phrase. Here are several examples:

Severe reactions epinephrine 911 never delay
Milk yogurt butter eggs omelets mayonnaise
Eight Foods Six Million Children Awareness
Carry epinephrine always Fifteen Million Americans
Food Allergy
Dots & Boxes

After answering a review question correctly, players can draw one vertical or horizontal line between two dots (no diagonals). If the player draws a line that completes a box, the player should claim the box by writing his/her initials inside. The player who completes the most boxes wins!

Work with your partner to describe food allergies in a 6 word phrase:

_________________________
_________________________
_________________________

Work with your partner to describe food allergies in a 6 word phrase:

_________________________
_________________________
_________________________
If you think someone is having an allergic reaction you should:
- Get Help immediately
- Offer a Drink of Water

Which is NOT a symptom of an allergic reaction?
- Itchy Mouth
- Tightness in throat
- Fever

Answer: Fever

Which body system is responsible for allergic reactions?
- The Digestive System
- The Immune System

Answer: The Immune System

Which of these food pairs are NOT common allergens?
- Chicken & Beef
- Fish & Shellfish
- Peanuts & Tree Nuts
- Chicken & Beef

Answer: Chicken & Beef

Which statistic describes food allergy prevalence in America?
- 6 Million Affected
- 15 Million Affected
- 2 Billion Affected

Answer: 15 Million

Which of these food pairs are NOT common allergens?
- Milk & Egg
- Corn & Rice
- Wheat & Soy

Answer: Corn & Rice
Food Allergy Dots & Boxes Review Cards
7-12

**Yes or No**

Is there a cure for food allergies?

Answer: No.

**True or False**

Milk intolerance is basically the same thing as having a milk allergy.

Answer: False

To remove allergens, it is best to wash with ______.

- soap and water
- hand sanitizer
- plain water

Answer: soap and water

**True or False**

A 2006 Federal Law mandates that all packaged food containing common allergens be labeled accordingly with clear, straightforward language.

Answer: True.

A serious allergic reaction that comes on quickly and has the potential to be deadly is called:

- Anesthesia
- Anaphylaxis

Answer: Anaphylaxis

**True or False**

It is important for people with food allergies to read food labels for ingredient information and allergy warnings.

Answer: True
True or False
Slicing a loaf of bread with the same un-washed knife that sliced cheddar cheese is an example of cross-contact.
Answer: True

True or False
Epinephrine reverses the symptoms of an allergic reaction and allows time to seek medical care.
Answer: True

True or False
Teens with food allergy are at higher risk for experiencing fatal allergic reactions.
Answer: True

What percentage of teens with food allergies report being bullied?
0%
14%
24%
Answer: 24%

True or False
A 2006 Federal Law mandates that companies include warning labels on products if cross-contact with a common allergen is possible.
Answer: False

True or False
Cleaning a spatula with dish soap and hot water before lifting cookies from a pan is an example of cross-contact.
Answer: False
Investigate Hand Washing Techniques

Use a product that glows in ultraviolet light, such as Glo Germ™ or Glitterbug, to simulate the presence of allergens on student’s hands and challenge students to identify effective and ineffective hand washing techniques.

Objective: Students will observe that washing with soap and water is the best way to remove allergens from hands. Students will practice proper hand washing techniques.

Materials:
- Glo Germ™ Gel lotion or similar product (available for purchase online)
- Ultraviolet light (available for purchase online)
- Access to a sink with running water
- Soap, hand sanitizer, and baby wipes or hand wipes such as Wet Ones® (ensure that these products do not contain allergens that a student is avoiding)

Procedures:
1. Remind students that one way to help people with food allergies is to wash hands after eating. Discuss with students how sometimes, even if their hands don’t look dirty after touching or eating food, they can still be covered with allergens and they can transfer allergens inadvertently to other foods and surfaces (cross-contact). For example, if someone eats peanuts the dust and oils can be left behind on their hands.
2. Tell students that they will investigate the effectiveness of washing hands with plain water, soap and water, hand sanitizer, and baby and/or antibacterial wipes. Ask for 4 volunteers to play the roles of three hand washing Participants (A, B, and C) and an Inspector.
3. Dim the room. Give the Inspector the ultraviolet light and have him/her flash it on the hands of the participants. Then turn off the light and set aside.
4. Ask all students to imagine that the Participants have just finished eating a variety of allergens including peanuts, ice cream, and hard boiled eggs. Have participants rub a nickel size amount of Glo Germ Gel™ lotion on to their hands and tell students that the invisible lotion represents the hard to see allergen residues that can be left on their hands.
5. Have the Inspector shine the ultraviolet light on the hands of each participant for all to see how the invisible “allergens” glow.
6. Explain to all that you will secretly assign each Participant a hand washing technique. Assign as follows: Participant A should rinse with water only; Participant B should wash with soap and water; Participant C should use hand sanitizer. Once each Participant has received their secret assignment, send them out of the room to wash their hands accordingly.
7. Meanwhile, facilitate a discussion asking students to predict outcomes.
8. When the Participants return, the Inspector should re-examine their hands for evidence of remaining allergens. Ask the students to share their ideas about which technique each participant likely used and why they think so.
9. Ask Participants to reveal what technique they used. ** Note that the amount of allergen remaining on Participant B’s hands will largely depend on how well the student washed up.
10. Explain to students that, even though studies show that washing with soap and water is the best way to remove allergens, it is very important to wash hands correctly so that the greatest amount of residue (and germs too) can be removed.
11. Describe the proper way to wash hands according to the steps outlined by the Centers for Disease Control and Prevention (wet, lather, scrub, rinse, and dry). Emphasize the importance of scrubbing between your fingers and under the fingernail. Explain that hands should be scrubbed for at least 20 seconds (humming Happy Birthday twice makes for a good timer).
12. Ask each Participant to head back to the seat to wash their hands again as described in procedure 11. When they are finished, have the Inspector re-inspect each Participants hands.

13. Ask students to consider that sometimes soap and water might not be available. What then? Explain to students that using a product such as a baby wipe or a Wet Ones® can be as effective as using soap and water.

14. If it is logistically possible, give each and every student a chance to apply the Glo Germ™ Gel lotion and allow them to clean their hands with a wipe or soap and water. Allow them to evaluate their personal hand washing skills using the ultraviolet light.

**Explore Cross-Contact**

You can also use the Glo Germ Gel™ lotion to demonstrate cross contact of allergens on surfaces such as desks, cafeteria tables, and shared classroom supplies. A powder form of this product can also be used to demonstrate how allergens can be spread among different foods if utensils are shared or un-washed between uses. To learn more, visit www.glogerm.com.
Know the Law, Read the Labels
In this activity students will explore components of the Food Allergy Labeling & Consumer Protection Act (FALCPA).

Objective: Students will practice reading food labels for common food allergens and increase their awareness of FALCPA and the vigilance required to avoid common allergens.

Materials:
- Assortment of foods and beverages in unopened containers that feature food labels in a variety of formats- enough to create several stations for students to rotate through.

Procedures:
1. Gather the food and beverage containers and group them into stations.
2. Spend a bit of time telling students about the Food Allergy Labeling & Consumer Protection Act (FALCPA) before introducing the main activity (see below).
3. Break students into small groups and assign each to read labels for a specific allergen or pair of allergens.
4. Have groups travel from station to station to read food/beverage labels and record what products contain (may contain, etc) the assigned allergen(s).
5. Discuss with students how they felt about the labels. Did they notice the different formats that FALCPA allows for declaring allergens? Do they prefer one format to another? How do they feel about the voluntary nature of precautionary allergy statements? What can concerned consumers do if they want to know more about a product that does not have a precaution statement? Solutions include visiting the company's website or calling/writing directly. Consider making a call to a company on speaker- phone and seek clarification on a products handling.

Food Allergy Labeling & Consumer Protection Act (FALCPA)
FALCPA, the 2006 Federal Mandate that major allergens be declared in plain English, can comply with the law in one of three ways: 1) by listing the allergen, in plain English, in the ingredient list itself e.g., INGREDIENTS: Rice, sugar, freeze-dried strawberries, wheat, malt flavoring, milk … 2) by listing the allergen, in plain English, in a parenthetical immediately after the scientific ingredient term e.g., sodium caseinate (milk), semolina (wheat), albumin (egg) … 3) by having a separate “Contains” statement immediately after or adjacent to the list of ingredients (in a font size at least as large as the ingredient list) e.g., “Contains milk and soy”.
FALCPA does not regulate the use of precautionary allergen statements, sometimes termed supplemental allergen labeling, such as “may contain”, “manufactured in a shared facility”, and “processed on the same equipment”.

FALCPA and Food Recalls – A Scavenger Hunt

Objective: Students will increase their knowledge of the Food Allergy Labeling & Consumer Protection Act (FALCPA) when they locate and read about food allergy recall alerts.

Materials:
- Copies of the “Internet Scavenger Hunt: Food Recalls” activity sheet (pg. 20)
- Access to the internet

 Procedures:
1. Spend some time telling the students about FALCPA’s policies for food recalls (see below).
2. Go to http://www.FoodAllergyAwareness.org/alerts/ and display the site on your interactive whiteboard or similar hardware. Demonstrate for students how to find various food allergy recall alerts using the Archives and Tags tabs or the Search function.
3. Give each student a copy of the “Internet Scavenger Hunt: Food Allergy Recall” activity sheet. Challenge students to complete as many tasks as possible in a defined amount of time. Students can do this in the classroom if the technology is available. Otherwise, consider assigning this as homework.
4. Afterward, have students share how far along they how much of the Scavenger Hunt they were able to complete.
5. Have students discuss these topics or similar in small groups: 1) In light of these recalls, what would you tell an individual with food allergies who does not carry or keep an epinephrine auto-injector…? 2) how would consumers that have limited access to the internet access recall alerts in a timely manner?

Food Allergy Labeling & Consumer Protection Act (FALCPA)
Companies that do not comply with FALCPA could be subject to civil or criminal penalties under the Federal Food, Drug, and Cosmetic Act. FDA also has the authority to seize packaged food products that are not FALCPA-compliant, along with the authority to request that the food product be recalled by the manufacturer or distributor in the case of an undeclared allergen.
Internet Scavenger Hunt: Food Recalls

Work to complete this scavenger hunt by visiting http://www.FoodAllergyAwareness.org/alerts/

Locate and briefly describe the most recent recall alert:

Why did Puritan Foods Co., a Boston Massachusetts establishment, recall raw boneless turkey breasts in July of 2014?

How many pounds of Oscar Mayer Classic Weiniers were recalled on April 20, 2014 over undisclosed milk?

Why did Popsicle brand recall the Orange, Cherry and Grape flavored ice pops in February of 2014?

Name the five states where Whole Foods Market recalled Thai Soba Noodle Salad due to undeclared soy allergen in July 2014:

List 3 ice cream products that have been recalled in 2014.

Why did Ocean Spray voluntarily recall Greek Yogurt Covered Craisins® in June of 2014?

List 5 products that have been recalled for undeclared egg in 2014:

How many products did Wegmans Food Markets, Inc. recall during 2014?

How many products were recalled in January of 2014?

Why were LUNA Bars recalled in March 2014:

To date, how many products have the tag “fish”?

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In Conclusion …

When your students have completed all of the activities that you have chosen, have them re-visit and update the KWL chart (pg. 7). Congratulate your students on a job well done. Encourage students, especially those who took a special interest in this topic, to spread the word and get involved with food allergy advocacy …

Spread the Word

Project ideas include:

- **Make posters (and post FAACT Posters)** telling what you should do if you think a friend is having an allergic reaction. Hang these posters in the hallways.
- **Make bookmarks (and share FAACT Bookmarks)** that list the top eight allergens. Leave in a basket in the school library.
- **Teach younger students** to correctly wash their hands.
- **Write a letter** to the Principal. Ask if your school can celebrate Food Allergy Awareness Week. Tell him/her how you would lead the celebration.

![FAACT Bookmark (Front)](image)

![FAACT Bookmark (Back)](image)

![FAACT Poster](image)
Know The FAACTs Award

Presented to:

For outstanding effort in learning "Know The FAACTs" and helping your friends with food allergies stay safe.

Congratulations!

_________________________  ______________________
Signed                    Date

Food Allergy & Anaphylaxis Connection Team (FAACT) (513) 342-1293
www.FoodAllergyAwareness.org