**CheMystery**

Health and Nutrition

Wednesday | August 10, 2016

Unit: Food Alternatives and Allergies

Lesson: Body Internal

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| **Standard(s)** North Carolina Essential Standards Health Education—Grades 3-5 | 1. 5.PCH.1: Understand wellness, disease prevention, and recognition of symptoms.
2. 4.PCH.4: Understand necessary steps to prevent and respond to unintentional injury.
3. 5.NPA.1: Apply tools (MyPlate) to plan healthy nutrition and fitness.
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| **Objective(s)** | 1. Inform children how and why some people have food allergies (what is anaphylaxis).
2. Explain to children what to do if they see a friend or family member in the midst of an allergic emergency.
3. Explain to children how to make alternative ingredient meals for friends and family members.
4. Explain to children how food affects us internally.
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| **Materials** | **Cabbage Soup Recipe**<http://www.yummly.com/recipe/Cabbage-Soup-1410554?columns=5&position=4%2F60>**Pistou Basil Pesto**<http://www.yummly.com/recipe/Recipe-for-Basil-Pesto-without-Nuts-or-_Pistou_-1035095?columns=5&position=1%2F10>**Nemours Kids Allergies Series**<https://classroom.kidshealth.org/index.jsp?Grade=35&Section=problems> |
| **Instructional Strategy** | 1. Start the lesson with a cooking demonstration-Pistou Pesto and Cabbage Soup. Both of which are gluten free-explain what gluten free is and what kind of allergy that is.
2. Explain what other allergies there are: Egg, Soy, Wheat, Dairy, Tree Nuts and then explain allergic reactions: Hives and Anaphylaxis.
3. Closure—some people cannot eat the exact same things as other people. Even the tiniest bit of egg product or nut in someone’s food could cause someone to have an allergic reaction. If that person has their EpiPen with them and they know how to use it then help them if they require it. Otherwise have an adult call 911 or send someone to do it for you. Stay with your friend until the authorities arrive.
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| **Assessments** | 1. Instructor-led supervised cooking demonstration.
2. Peppermint Activity.
3. Allergy Worksheets and Group Discussion.
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| **Reflection** | * Have kids inform the teacher and rest of the group what they have learned and will take home to teach their parents!
* Any students who have allergies are welcome to share their experiences with the rest of the group. IF any students HAVE an EPI-PEN AND wish to show the rest of the class they may do so, but only if they are comfortable.
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