

Food Allergies

Almost everyone knows someone with a food allergy

- ◆ A lot of people are allergic to foods.
- ◆ About 1 in 25 children have food allergies.

What foods cause allergic reactions?

People can be allergic to almost any food, but most food allergy reactions are caused by 8 foods:

Milk

Peanut

Egg

Tree Nuts

Soy

Fish

Wheat

Shellfish

Can doctors cure food allergies?

- ◆ There is no cure for food allergies.
- ◆ The only way to keep from having an allergic reaction is to stay away from the food you are allergic to.

What would happen if my friend eats a food they are allergic to?

- ◆ Your friend could get very sick right away after eating a tiny bit of a food he is allergic to.
- ◆ He would need his medicine very quickly and to go to the hospital.

How can I help a friend who has
food allergies?



Protect A Life
From Food Allergies

What does it mean to Be a PAL?

1. Food allergies are serious. Don't make jokes about them.
2. Don't share food with friends who have food allergies.
3. Wash your hands after eating.
4. Ask what your friend is allergic to and help them avoid it.
5. Get help immediately if a friend with food allergies becomes ill!

What would you do?

- ◆ Your friend, Kim, has a food allergy.
- ◆ As you and Kim walk out of the cafeteria, she says her stomach hurts.
- ◆ You ask her to play with you at recess, but she says she wants to lie down.
- ◆ She says it feels like there is something stuck in her throat.

A PAL would...

- ◆ Get an adult right away!
- ◆ Tell the adult you think Kim might be having an allergic reaction.

What would you do?

- ◆ You and Kim are at a birthday party.
- ◆ Max offers Kim a piece of cake.
- ◆ Kim says “No thank you, I have a food allergy.”
- ◆ Max says, “Come on and have some, it’s probably OK.”

A PAL would...

- ◆ Tell Max that even one bite of the wrong food could make Kim sick.
- ◆ Ask Kim if there is something else she can eat.

What would you do?

- ◆ Two kids in your class are allergic to milk and peanuts.
- ◆ Before school, you ate peanut butter toast and drank a glass of milk.

A PAL would...

- ◆ Wash your hands and face before leaving for school.