

# Be a PAL<sup>®</sup> Activity Sheet

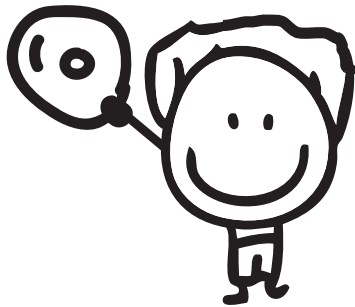
## The Different Ways that People Eat

There are almost as many ways that people eat food as there are people in the world! Because every person is one-of-a-kind, our bodies sometimes need special things to keep us healthy.

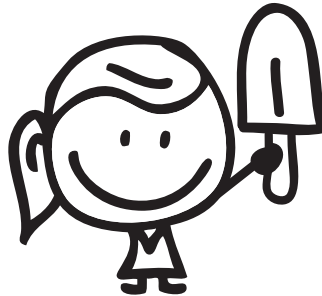
- Some people eat a certain way because of their **religion**.
- Some people eat a certain way because of their **beliefs**.
- Some people eat a certain way because of their **ethnic traditions**.
- Some people eat a certain way because of **where they grew up**.
- **Some people must avoid certain foods because they are allergic and certain foods can make them very sick.**

Thankfully, there are millions of different foods available, so we can take care of ourselves by eating only foods that keep us healthy and happy!

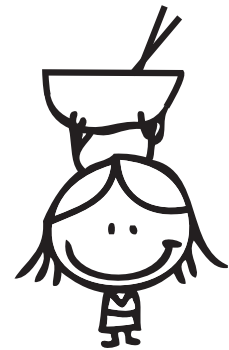
**So the next time that you see someone with different foods on their plate, remember that what you eat is only part of who you are. It's okay to be different!**



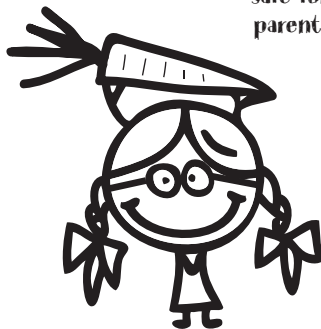
I follow a Kosher diet!



I have food allergies, but lots of treats are safe for me to eat. I just make sure my parents read the label and say it's okay!



I eat with chopsticks!



We don't eat meat at my house!



Mi abuela makes the best tacos!

**Save this handout so you won't forget how to Be A PAL<sup>®</sup>,  
and Protect A Life From Food Allergies!**



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