

# FOOD ALLERGY HEROES



## Description

A decision-making activity designed to help young children learn how to respond safely and responsibly in everyday situations involving food allergies. The game presents short, real-life scenarios, each with two response options: one is a “hero response” that shows safe, kind, and responsible behavior, and the other is an unsafe or dismissive response.

## Instructions

1. Read each scenario at a time.
2. Look at the two response options next to each one.
3. Choose which one is the “hero response”—the one that helps keep friends with food allergies safe.
4. Discuss why the other response might not be safe or kind.

# FOOD ALLERGY HEROES



NAME: \_\_\_\_\_

## Directions

Read each situation. Circle the "Hero Response" that helps keep friends with food allergies safe.

### 1 Snack Time Cleanup

You just finished eating a peanut butter sandwich.

**I'll wash my hands and clean my table.**

**I'll go straight to play.**

.....

### 2 Friend Not Feeling Well

Your friend says their throat feels funny after snack.

**Let's go tell a teacher.**

**It's probably nothing.**

.....

### 3 Sharing Food

You have a snack you want your friend to try.

**Tell your friend to try just one bite.**

**I'll go ask a grown-up to read the label.**

.....

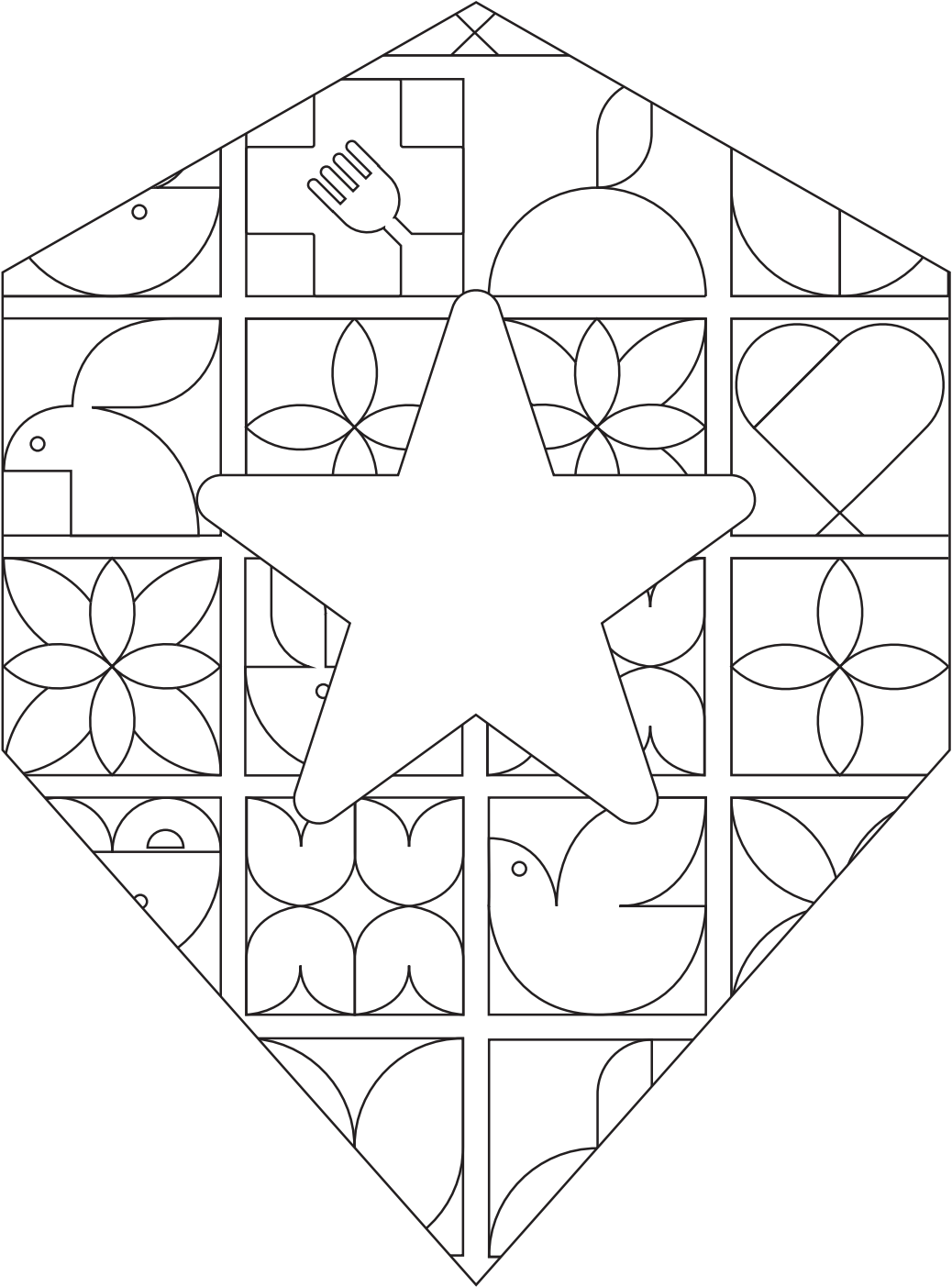
## Talk About It

- How did your choices help a friend?
- What would you want a friend to do to keep you safe?

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Color Your Badge!



Decorate your badge however you like!

## **Food Allergy Heroes**

1. Snack Time Cleanup — I'll wash my hands and clean my table.
2. Friend Not Feeling Well — Let's go tell a teacher.
3. Sharing Food — I'll go ask a grown-up to read the label.