

Be a PAL[®] Presentation Guide

The Be a PAL[®]: Protect A Life From Food Allergies education program can help children learn about food allergies and how to Be a PAL[®] to their friends with food allergies. Below is a guide and script for how to present the program to a group of children at school, a club meeting, or other educational opportunity. This guide is intended to accompany the Be a PAL[®] Handout, which is available at foodallergy.org/BeaPAL, along with a number of other materials and resources.

Please note: Federal privacy laws such as the Federal Education Rights and Privacy Act (FERPA) protect children from having their medical information from being shared with other students, parents and non-essential school employees/volunteers.

The Be a PAL[®] program can be an effective tool for helping children better understand food allergies. We recommend this program be used to educate others on food allergies generally rather than discussing a particular child's health or food allergies specifically.

Presentation Guide

Below you will find guidance on how to present the five main educational aspects of the Be a PAL[®] program. Under each concept you will see a script for discussion with the group, as well as activities and call/response scenarios. The presentation ends with a quick recap of the concepts.

Know that food allergies are very serious.

- **Question:** Does anyone know what a FOOD ALLERGY is?
 - **Answer:** A FOOD ALLERGY is what it's called when certain foods can hurt a person who is allergic to that food. It's hard to believe, but foods that you may eat every day can make other kids very sick!
- So, people with food allergies must never eat the foods that they are allergic to. They have to be very careful to stay away from those foods to stay healthy.
- Let's play a game called "Would You Eat It?" I'm going to tell you about an item, and you raise your hand to tell me if you WOULD eat it or WOULD NOT eat it.

Would you eat...

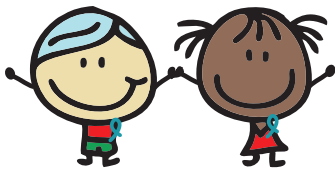
- A piece of candy that fell into the mud?
- A piece of cheese that had green mold all over it?
- Something that your mom or dad told you was bad for you and that you shouldn't touch?
- **Question:** Why would you not eat those foods?
 - **Suggested answers:** Because they could make you sick, make your tummy hurt, or even make you have to go to the hospital.
- This is the same for kids with food allergies. They can't eat or even touch certain foods because they are bad for them.



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Don't share your food with friends who have food allergies.

- **Question:** What are some things you like to share with your friends?
 - **Suggested answers:** Toys, play dates, jokes, video game time.
- Sharing is usually a nice thing to do, but for kids with food allergies, sharing food can be very dangerous.
- If you have a friend with food allergies, do not share anything with them from your lunch or snack.
- Why? Because it may have something in it that could make them very sick or hurt them.

Wash hands after eating.

- **Question:** Why do we wash our hands?
 - **Suggested answers:** To remove dirt, so we don't get sick.
- Washing hands after you eat cleans off any food that is on your hands.
- Some people with food allergies can get sick even if they are touched by something that has a little bit of food on it. So if you wash your hands, you can make sure they are clean and you can play with your friends!

Help all of your friends and classmates have fun together!

- **Question:** What things do you like to do with your friends?
 - **Suggested answers:** Play outside, play with toys, go to the playground.
- Did you notice anything about those things? None of them had to do with food or eating!
- Include all of your classmates and friends in playing games and having fun together. Even though kids with food allergies may not be able to eat the same things as you, they're just the same as you are in lots of ways!

If a friend with food allergies feels sick, get help right away!

- Like we talked about, foods can make some people very sick.
- If you have a friend who is feeling sick, tell an adult right away or dial 911.
- This will make sure that your friend gets help and gets the medicine they need to feel better.

Recap

- What are the things we learned about food allergies and what we need to remember?
 - Food allergies are serious.
 - Don't share food, forks, knives, spoons, or straws with friends with food allergies.
 - Wash your hands after eating.
 - Even if a kid can't eat the same things you can, you still have lots of other things in common and can be great friends!
 - If a friend is sick, tell an adult right away or dial the emergency number. Question: What number is that?



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