

Helping hands

Game sheet

Round 1 questions

1. There are many different types of foods you can be allergic to. Common _____ allergens include milk, egg, wheat, soya, peanuts and tree nuts, sesame and fish.
 - a. Food
 - b. Fish
 - c. Peanut
2. It is a good idea to _____ your hands before and after eating food. This means you have clean hands before eating to avoid tummy upsets and helps remove any sticky foods and could be a problem for someone with a food allergy .
 - a. Dry
 - b. Wash
 - c. Shake
3. It is not a good idea to _____ or swap food in your lunch box or off of your plate with other people who have a food allergy as this may not be a safe food for them to eat.
 - a. Throw
 - b. Share
 - c. Hide
4. If you have allergies your doctor may prescribe allergy _____. These can help to treat allergy symptoms and should always be kept close by, ready to use if needed.
 - a. Papers
 - b. Medicines
 - c. Boxes
5. If you have a food allergy it is important to not eat anything that has the food you are allergic to in it and always check _____. If you are not sure ask an adult to help.
 - a. That your favourite food is on the shelf
 - b. That food labels are on the packet
 - c. Food labels or ingredients lists

Round 2 – scenario and questions

During lunch break at school, Emma and Lily sit together to eat their packed lunches. Emma offers a piece of her cake bar to Lily, who hesitates at first. Lily, who has a milk allergy, remembers having the same cake bar before without any problems. Trusting her previous experiences, Lily decides to take a small bite. Moments after tasting it, Lily's throat starts to tighten. Lily starts to panic and as well as a tightening in her throat she is starting to develop a rash all over her neck and chest. She starts to cough.

1. What do you think is happening to Lily?

- a. She is having a mild allergic reaction
- b. She is having an anaphylactic reaction
- c. She is choking

2. What do you think Lily did which may have caused this?

- a. Nothing – sometimes just being near to too much of an allergen that someone else is eating can cause a reaction
- b. She ate something she was allergic to
- c. She didn't chew her food properly

3. What do you think Emma should do first?

- a. Find an adult so they can call an ambulance (correct answer)
- b. Offer Lily some water to help clear her throat
- c. Pat Lily sharply on the back to stop the choking so she can breathe

4. How else might Emma support Lily?

- a. Get Lily to lie down flat on their back and prop her legs up on something higher than the rest of her body
- b. Stay with Lily until help arrives
- c. Both of these things

5. How do you think this could have been prevented?

- a. Not talking while eating their lunch
- b. Not sharing food
- c. Using a fork to eat