

Allergy Aware



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About this pack

Welcome to the Allergy Aware badge pack, created in collaboration between Allergy UK and Girlguiding London and South East England.



The aim

Our aim with this badge is to increase awareness of allergies and what it is like to live with an allergy among young members and leaders. We hope to create a generation of girls who are allergy allies by ensuring they understand and empathise with the daily challenges faced by those with allergies and create a more inclusive world for people with allergies.

How to earn the badge

Complete an activity from each of the themes 1-4. We recommend starting with Theme 1: Allergy awareness. We have designed the activities so you can complete the pack over 2 unit meetings. We have suggested activities for each section but you may complete whichever activities would be appropriate for your unit.

For girls eager to make a real impact in supporting those living with allergies through fundraising, dive into Theme 5: Fundraising for fun ideas. This section is optional but will make a huge difference to those living with allergy.

Order your badges

Order your badges from [our online shop](#) to show that you're allergy aware! And please [give us your feedback by filling out a short survey](#).

Inclusivity is at the heart of this pack so our activities are designed to accommodate everyone. But allergies can be unpredictable, so please ensure you have checked for allergies and follow any adjustment plans in place. See 'Tips for leaders' throughout the pack where we have flagged there may be a risk to girls with allergy.

Allergy essentials

This theme is designed to improve your understanding of allergies, including how to help someone with an allergy stay safe and how to help them during an allergic reaction.

Lots of people have allergies; around 1 in 3 people in the UK are affected by allergy. This includes allergic asthma, allergic eczema, hay fever and food allergy.

It's more common to have an allergy or allergic condition if you have someone in your family who has allergies.

There are lots of things (triggers or allergens) that can cause an allergic reaction. These include pollen, house dust mite, pets and food. The most common foods to be allergic to are: milk, egg, peanut, tree nuts, sesame, shellfish (molluscs and crustaceans) soya, wheat and fish.

Some people have allergies from birth, but it's possible to develop an allergy at any age, even as an adult.

What causes an allergic reaction?

An allergic reaction happens when your body reacts to something that, for most people, is usually harmless, like grass pollen or a food that you have eaten. This causes your body's immune system to try to protect itself by triggering an allergic reaction. For most people this might be a rash on the skin (e.g hives or 'nettle rash'), itchy eyes, or feeling or being sick. But some people may have a more severe allergic reaction.

Types of reaction

1. A lot of allergic reactions are mild to moderate. These are often treated with medication that you buy from the shops called antihistamines.
2. Some people can have more serious allergic reactions, also known as anaphylaxis (pronounced ana-fil-axis). Anaphylaxis makes you very ill, very quickly. It needs immediate medical help and treatment and a visit to the hospital in an ambulance.
3. The treatment for anaphylaxis is a medicine called adrenaline. This comes in a device called an adrenaline auto-injector (AAI) or adrenaline pen for short.
4. If you think somebody is having a severe allergic reaction (anaphylaxis), they need immediate help from an adult who should call 999 immediately and say that there is a severe allergic emergency – anaphylaxis.

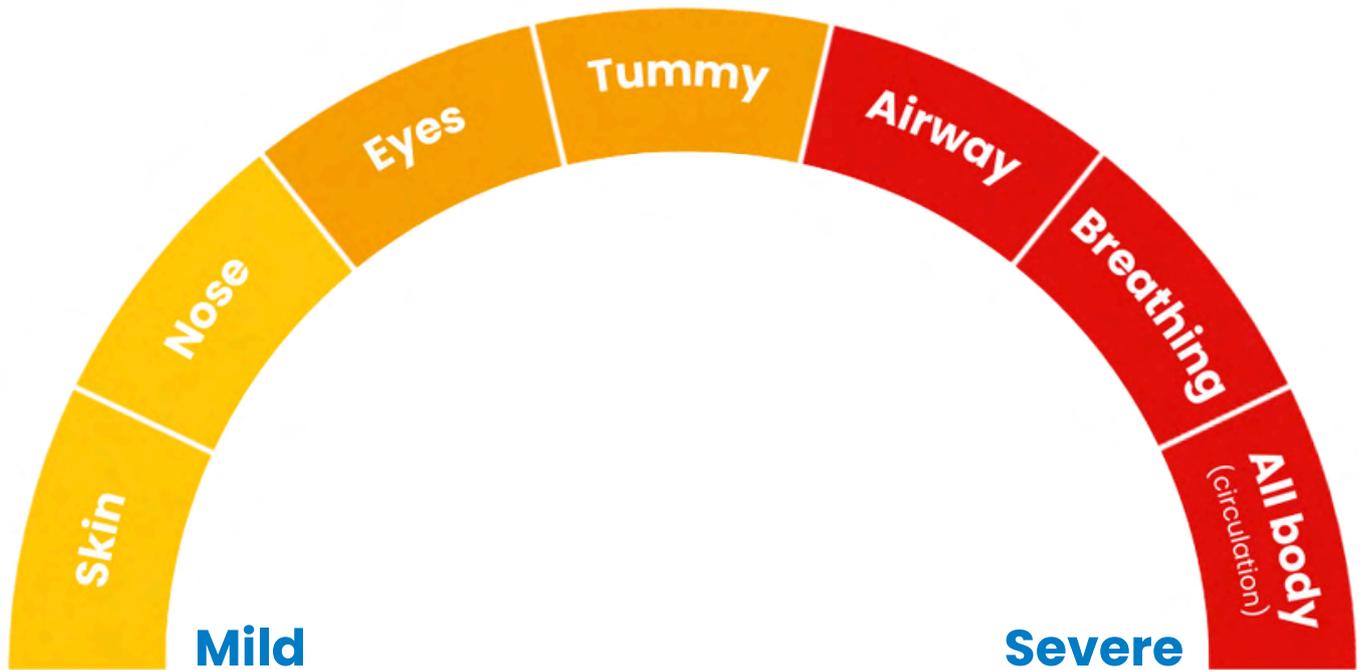
Note on severity

Sometimes, someone can start off with what looks like a mild reaction (e.g. skin rash such as hives), that can progress quite quite quickly to a severe reaction – wheezing and unable to breathe. So it's always important to find and tell an adult quickly if you think someone is having an allergic reaction or if someone tells you they are having an allergic reaction. Even if it turns out they are not having an allergic reaction, it is always better to be safe than sorry.

Tips for leaders

Visit the appendix, Know-how for leaders, for background information on allergies to help answer any questions your unit has.

This diagram shows the symptoms of an allergic reaction. The symptoms in orange are mild to moderate reactions and the ones in red indicate a severe allergic reaction.



Skin	Itching, hives (nettle rash) or rash, swelling of lips, eyes or face
Nose	Itchy, runny nose, sneezing a lot
Eyes	Itchy, red, watery eyes
Tummy	Feeling sick or being sick, tummy pain, diarrhoea
Airway	Wheezing, coughing a lot, tight feeling in chest, not being able to breath or talk properly
Breathing	Tongue or throat can swell, difficulty talking, change in voice (sounds like sore throat)
All body (circulation)	Feeling dizzy, feeling faint, feeling irritable with confusion, pale and floppy, collapsing/loss of consciousness/passing out

Teddy's Birthday Party Adventure



You'll need

- Teddy's Birthday Party Adventure story (hard or digital copy)



Aim: To raise awareness about food allergies and the possible risks through storytelling

Join Teddy and Molly Mouse as they manage Teddy's egg allergy at Molly's party. With understanding and care, they make sure Teddy has the best time while staying safe and happy. Can you guess how Teddy is feeling as the party unfolds?

1. Some people are allergic to certain foods. This can sometimes make the person very ill, very quickly and it's important to tell a grown up straight away if you see this happening.
2. Do you know anyone with a food allergy?
3. Your leader will read you Teddy's story. As you listen, think about how Teddy might be feeling.
4. Have you learnt anything new about allergies from Teddy's story?

Take it further

For older Rainbows: Can you name any foods containing egg?

Allergy buddy



You'll need

- Symptoms infographic (pg 4)
- A4 paper
- Pens or coloured pencils
- Allergen buddy activity sheet (hard or digital copy)
- Open space

Aim: To develop allergy awareness and improve knowledge around allergic reactions

Your leader will help you to read the discussion points below. Then, take a look at the symptoms infographic on page 4.

Part 1 – discussion – 10 mins

It's important to quickly alert an adult if you see or if someone tells you they are having an allergic reaction.

1. A lot of allergic reactions can be treated with medicine like antihistamines, which will make most people feel a lot better.
2. Some people can have more serious allergic reactions, also known as anaphylaxis (pronounced ana-fil-axis), that can make you very ill, very quickly. This reaction needs quick medical help and treatment.
3. The treatment for anaphylaxis is a medicine called adrenaline. This comes in a device called an adrenaline auto-injector (AAI) or adrenaline pen for short.
4. Sometimes people also have problems with their breathing and may need an inhaler to help them feel better.
5. If you think somebody is having a severe allergic reaction (anaphylaxis) they need immediate help. You should shout or quickly find an adult and tell them it's an emergency (you could practice or talk about how you would get help in the playground or in the school canteen).
6. The adult would then call 999 immediately and tell the emergency services that there is a severe allergic emergency – anaphylaxis.
7. The person having the allergic reaction may need to go to hospital in an ambulance where they will be looked after by the hospital staff and given more medicine to make sure they get better. Luckily this doesn't happen very often.

Part 2 – pairs game – 20 mins

The object of this game is to match 2 of the same images to win a point. Once all images have been paired, the team with the most pairs is the winner.

1. Get into your sixes.
2. Cut sheets of A4 paper into 4 squares so that everyone has 2 squares each.
3. Your leader will give each member an allergen to draw. You'll each need a different allergen to draw so that the pairs game works properly. You'll find images of allergens on the allergen buddy activity sheet.
4. Draw the same allergen on both your pieces of paper.
5. Place your drawings facedown on the floor and mix them up.
6. Each six needs to swap places with another group so they have a set of cards in front of them that has been drawn by another six. This is so you don't know which pairs are which!
7. Split into 2 teams and take it in turns to find matching pairs of allergens. The team with the most pairs at the end wins!

Tips for leaders

- Reassure the Brownies that severe allergic reactions are very rare and most people are ok after they receive treatment even if they need to go to hospital in an ambulance.

Helping hands



Aim: To be able to recognise when someone is having an allergic reaction

Do you know how to spot if someone is having an allergic reaction? Would you know what you could do to help?

You'll need

- A large space
- Cards or signs labelled A, B, and C
- Helping hands activity sheet (hard or digital copy)
- Symptoms infographic (pg 4)
- Whiteboard or flip chart
- Images of rescue medicines (see the Appendix: Know-how for leaders for links)

Part 1 – discussion

1. Read the introduction to this theme. Remember that a reaction can make the person feel very ill very quickly.
2. As a group, discuss the things that you can be allergic to. Make a list on the flip chart/whiteboard.
3. Underline or add the things that can trigger a severe reaction (such as food, medication and insect stings).
4. Learn symptoms of allergy by looking at the symptoms infographic (page 4), including those of a severe reaction, also called anaphylaxis.
5. How might you be able to help in the situation of a severe allergic reaction?
 - Recognise that they are unwell.
 - Do not move them or get them to stand up.
 - Find an adult and tell them there's an allergic emergency. If there are no adults around, call 999 for emergency help.
 - If needed, help find rescue medication for the person who is having the reaction. Use the links provided in the Appendix: Knowhow for leaders to find out what an adrenaline auto-injector (AAI) and an asthma inhaler looks like.
 - If you can, help the person lay down with their legs raised on a small chair or rolled up blanket/coat.

Part 2 – Helping Hands game

Arrange your space with areas labelled A, B, and C.

Round 1 – how to play

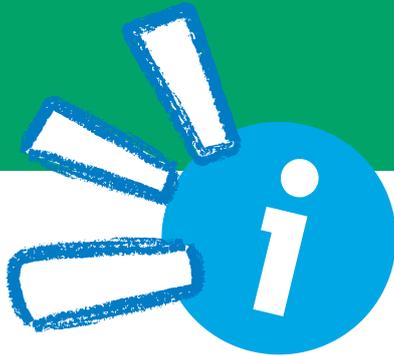
1. Your leader will read a statement with a missing word and 3 possible answers labelled A, B and C.
2. Take a moment to decide on your answer.
3. On the count of 3, run to the area that corresponds to your chosen answer.
4. Once everyone has chosen, your leader will announce the correct answer.
5. Repeat the process for each question.

Round 2 – how to play

1. Your leader will now read you a scenario.
2. She will then read you some questions with 3 possible answers about the scenario labelled A, B and C.
3. Play the game following the same rules as in round 1.

Optional: Divide into teams and earn points for each correct answer. Who can get the most points?

An allergy emergency



Aim: To understand how to recognise and support somebody who is having an allergic reaction

You'll need

- Symptoms infographic (pg 4)
- Dummy training adrenaline auto-injectors (AAIs) or images of rescue medications (see the Appendix: Know-how for leaders for links)
- Background information posters on what to do in an allergic reaction:
 - [Anaphylaxis poster](#)
 - [Asthma poster](#)

Do you know what to do in the event of a serious allergic reaction? Check out the facts below and role play the scenarios.

Part 1 - discussion

Do you know what the common triggers are for an allergic reaction? What symptoms do these allergens cause? For example, grass pollen may cause you to have itchy runny nose and itchy watery eyes, whilst a food allergy may cause a more severe allergic reaction, such as difficulty breathing, feeling dizzy or faint.

About anaphylaxis

- A lot of allergic reactions can be treated with medication, such as an antihistamine, and won't require a trip to hospital. But for some people, their allergic reaction is serious. A severe allergic reaction is called anaphylaxis. This can cause difficulty breathing, swelling of the throat and feeling faint or dizzy and some people may collapse (see the symptoms infographic on page 4).
- Anaphylaxis is a medical emergency and should be treated quickly. Luckily, it's very rare, but it's important to know what to do if this allergic emergency ever happens to you or a friend.

Raising the alarm

1. Alert the emergency services by calling 999 as soon as possible. You can call them yourself or tell an adult it is an emergency and ask them to call.
 - Whoever calls 999 should be with the person having an allergic reaction when they call.
 - When you or an adult calls 999, state that the person is having a severe allergic reaction – anaphylaxis (ana-fil-axis). Say where you are, so the ambulance can reach you easily, and stay on the phone.
 - The emergency services operator will guide the caller on what to do next.
 - It is a good idea to recognise what ‘rescue meds’ look like (e.g. adrenaline auto-injector (AAI) and inhaler), in case you are asked to go and find these items. The 2 brands of AAI available in the UK are EpiPen and Jext. Their websites have images of these devices and more information.
 - What is adrenaline? Adrenaline is an emergency medicine used to treat a severe allergic reaction. It works quickly to reverse the symptoms of anaphylaxis by reducing swelling, opening up the airway and improving blood pressure.
2. It’s important to stay with someone who has had an allergic reaction. Keep them lying with their legs raised and do not allow them to stand up or be moved until help arrives.
3. Someone who’s had a severe allergic reaction will be taken to hospital by ambulance, where they will be monitored in case they need any further medical help and to make sure they make a full recovery.



Part 2 – what would you do?

As a group or as smaller groups, have your leader read you the following scenarios and role play what you would do. Think about the situation, how would you contact emergency services, how will you tell them where you are, and what help do you give to the person having the reaction?

Watch Ella's inspiring story as she shares her experience of a severe allergic reaction during a night out with friends, highlighting their quick thinking and actions that saved her life.

Scenario 1

You're a small group of Rangers hiking around your campsite without a leader, when a Ranger gets stung by a wasp. She begins to cough and have difficulty breathing. She knows she has an allergy to wasp stings, so she has an adrenaline auto-injector in her rucksack.

Leader:

Tell the Guides that while they are waiting for help, it begins to rain. What should they do?

Scenario 2

You've organised a bake sale to fundraise for Rangers. One of your leaders is there. A Ranger, who has an allergy to egg, has accidentally eaten a cake she thought was egg free. She starts to feel itchy and a rash appears on her body. She carries antihistamines and an adrenaline auto-injector in her bag.

Leader:

For groups who've given the Ranger antihistamines first, tell them that despite taking the antihistamines, the Ranger still doesn't feel well. Her symptoms become more severe, she now has difficulty breathing and feels dizzy. What should they do?

Question?

What have you learned about allergies and helping someone with a severe allergic reaction? What have you learned about allergies? Do you have any questions?

Tips for leaders

Giving antihistamines for mild to moderate allergic symptoms is the right thing to do. They will work to alleviate symptoms. However, it's important to remember that anaphylaxis can also begin with mild to moderate symptoms, then quickly progress into severe symptoms. Giving antihistamines will not prevent the progression to anaphylaxis. If antihistamines do not alleviate mild and moderate symptoms, and they become severe, adrenaline needs to be given and emergency services called. Adrenaline should always be given immediately for severe symptoms.

It's important to reassure the group that most people will make a full recovery after an allergic reaction and that anaphylaxis is rare. Not everyone who has an allergic reaction will have anaphylaxis. But if they are ever worried that someone is having an allergic reaction, getting help quickly is very important even if it turns out it isn't a severe reaction after all.

The most important things to understand in the event of a severe allergic reaction are:

- a. the need to alert emergency services
- b. to ensure the person lays down
- c. to ensure the person does not move

Use the information at the beginning of this theme, and within the appendix, Know-how for leaders, to inform your discussions further.

A focus on food allergy

Theme 2

This theme is designed to improve your understanding of food allergy and the ways to help keep someone with a food allergy safe.

A food allergy happens when your body thinks a food is harmful and trying to make you sick. Your body's defence system goes into overdrive and tries to protect you by triggering a reaction.

Food allergy is common; most people will know someone with a food allergy.

There are 9 foods which are responsible for 90% of allergic reactions. These are: milk, egg, peanut, tree nuts, sesame, soya, wheat, shellfish (molluscs and crustaceans) and fish. However, any food can cause an allergic reaction.

There are 14 food allergens which must be listed on all food labels by law. These are:

Cereals containing gluten (such as wheat, barley and oats)

Crustaceans

Eggs

Fish

Peanuts

Soybeans

Milk

Tree nuts

Celery

Mustard

Sesame

Lupin

Molluscs

Sulphur dioxide and sulphites

Symptoms of food allergy can be mild, moderate or severe. A severe allergic reaction is called anaphylaxis and is a medical emergency.

Tips for leaders

To find out more about food allergy, visit the appendix, Know-how for leaders.

Teddy's picnic



Rainbows

Brownies



You'll need

- One soft toy to be 'Teddy', plus invite each girl to bring a favourite cuddly toy from home
- A small bag for Teddy
- Picnic blanket
- Picnic food templates (print 2 per girl or 1 as a guide to draw from)
- Paper plates (2 per girl)
- Scissors
- Glue stick

Aim: To raise awareness of food allergy

Introducing Teddy

This is Teddy, she's fluffy and cuddly, just like all the other teddies at the picnic today. But there's one very important thing we need to know about Teddy: she has an egg allergy, which means she has to be extra careful about what she eats. She always carries her allergy medicine with her in her bag.

Can you make sure Teddy gets a safe plate of food to enjoy at the picnic?

Part 1 – 10 min

1. Set out Teddy, her bag, and all the cuddly toys on the blanket ready for your picnic.
2. Get 2 paper plates and 2 picnic food templates.
3. Cut out and stick (or draw) your favourite picnic foods onto 1 paper plate, which is for the cuddly toy you brought along.
4. Which foods do you think might contain egg? Remember that egg might be hidden in food. Examples include:
 - Egg mayonnaise sandwich (mayonnaise also contains egg, not just the boiled egg)
 - Cake (most cakes will have egg in)
 - Sausage rolls and other pastries (egg is often used as a glaze)
 - Cheese (some cheeses contain egg, such as Gran Padano and Manchego)
 - Confectionary (Mars bars, Milky Way, Snickers and Creme eggs all have egg in the fondant filling)
5. Cross out the foods on your plate that may not be suitable for Teddy with an egg allergy.

Part 2 – 10 min

1. Now, can you create a picnic plate of safe food for Teddy?
2. Remember that washing your hands before and after eating is important to make sure that there's no food left on your hands. Act out washing your hands before you start.
3. Check with your leader that the food you have put on Teddy's plate is safe for her to eat and give Teddy and your cuddly toy their plates of food.

Questions for the Rainbows

- Ask the Rainbows if they think it would be okay for you (the leader) to let Teddy share a cake off your plate. It just looks so tasty, you don't want Teddy to miss out. Encourage them to shout out NO!
- Ask the girls if it's okay for her to just have a little bite of your sausage roll? Encourage them all to shout out NO!

Remind everyone

It's never safe to share food with someone who's allergic because you don't know if there might be some hidden ingredients that they're allergic to.



The pizza party

30 min

You'll need

- Pizza ingredients sheet (digital or hard copy)
- Craft materials

Aim: To understand how to accommodate the needs of someone with a food allergy

You are hosting a pizza party in your six for 6 children. Can you create an allergy aware pizza party menu to make sure that all attendees who have a food allergy are safe to join in with the fun? Each six can choose 1 of the challenges below.



Menu challenge

3 of the children coming to the party have dietary needs:

Maleeha

Allergy to shellfish (prawns, crab, and other foods classed as crustaceans)

Is Muslim and cannot eat pork

Preferences: all cheese, vegetables and bolognese

Ottillie

Allergy to dairy cheese

Preferences: pepperoni, ham, chicken, and prawns

Preferences: she doesn't like vegetables very much

Kiara

Allergy to wheat

Is vegan and does not eat any animal products

Preferences: will eat anything else!

- Challenge 1: Can your six come up with a delicious pizza party menu which would have a safe option for Maleeha?
- Challenge 2: Can your six create a menu which accommodates Ottillie and Kiara's needs?

How many pizzas do you think will be needed? What size pizza will you choose? For some extra fun, why not give each pizza creation a name?

Food allergen detective

Understanding food labels



You'll need

- A variety of food packages/labels
- Allergen detective activity sheet (print 1 per group)
- The FSA allergens poster (digital or hardy copy)

Aim: To understand what it's like to live with a food allergy and improve awareness around what's in the foods we eat

For those with food allergies, it's important to check food labels to avoid allergens. Ingredients can change unexpectedly, so even familiar products need to be checked carefully. The top 14 allergens are always listed in bold, but you can still be allergic to others not listed. These might not be as easy to spot, so extra caution is needed. 'May contain' warnings add another layer of complexity. These indicate potential cross-contamination where allergens could accidentally be present due to manufacturing processes.

Every person living with allergy has to be a food allergen detective, can you be one too?

Part 1 – Discussion – 15 min

1. Read or share the above information to set the scene.
2. Discuss each of the top 14 allergens and what foods contain them (e.g. dairy in mac and cheese). Use the FSA food allergens poster as a guide.
3. Be a food allergen detective. Pass around some example food products, or the example label below. What allergens can you find and who would be unable to eat that food?
4. There are some challenges people face when shopping with a food allergy:
 - How clear the ingredients are to read (e.g. small fonts, colour, hidden in folds of the food packaging)
 - 'May contain' statements are becoming so common that they limit safe food choices
 - The free-from foods often have more 'may contain' statements than other foods
 - Alternative names for allergens (e.g. whey for milk)

5. Question for the group: How long do you think it would take to do a food shop with a food allergy when you must read every label?

Example ingredients list for a Belgian Chocolate Cake:

INGREDIENTS:

Belgian Chocolate Buttercream (33%) (Sugar, Butter (Cows' **Milk**), Salted Butter (Butter (Cows' **Milk**), Salt), Belgian Dark Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Flavouring), Fat Reduced Cocoa Powder, Dried Glucose Syrup), Sugar, Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised **Egg**, Rapeseed Oil, Partially Inverted Sugar Syrup, Cows' **Milk**, Humectant: Vegetable Glycerine; Fat Reduced Cocoa Powder, Palm Oil, Raising Agents: Sodium Bicarbonate, Disodium Diphosphate; Palm Stearin, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt.

Allergen advice: For allergens, including cereals containing gluten, see ingredients in bold. Also, not suitable for customers with an allergy to nuts due to manufacturing methods.

Part 2 – Activity sheet – 15 min

1. In your patrols, have a look at the food labels you've brought in.
2. Identify and write down any of the top 14 allergens present in the food product.
3. Using the information from part 1, what do you think is the potential impact of these allergens on people with food allergies?
4. Discuss your findings with the group.

Take it further

Next time you go food shopping, be on the lookout to see if you can find any food products without a 'may contain' on the product. Or, visit a local shop as part of your meeting time.

Caution

For Guides with food allergies:

If the Guides will be using pre-used food packaging, ensure that it doesn't have direct contact with any of the foods that they may be allergic to (e.g. fish fingers loose in cardboard packing).

Cracking the code

Navigating exclusion diets in food allergy



You'll need

- Flip chart paper to be placed around the room
- Pens
- 4 food packages/labels
- The FSA allergens poster (digital or hard copy)

Aim: To raise awareness of food allergy and specific foods and how this impacts day-to-day life of someone with a food allergy, with a focus on milk and pea allergy

Discussion

Does anyone within the unit have a food allergy? Ask them if they would like to share their experience of food allergy before the session starts. If not, start with question 1, below.

Core activity

1. Can you think of any challenges someone following an exclusion diet for food allergies might face (e.g. someone with a milk or peanut free diet)? Write at least 1 challenge on a sticky note and stick it to a board or wall. Here are some examples:

Going to festivals

Having to plan ahead

Socialising at a friend's house

Travelling on a plane

Eating out

Friendships and relationships

Bullying

Ordering takeaways

Food tech at school or college

2. What extra considerations would you have and how would you deal with these scenarios? Discuss. Here are some examples:

Eating out

- Considering different cuisines and those at higher risk (e.g. takeaways and Asian food with peanut and tree nut allergies)
- Ringing the restaurant in advance
- Checking website for allergen information
- When at the restaurant alerting staff of allergy and checking allergen folder
- Being prepared (allergy medication)
- Telling who they are going with about their food allergy and what to do in an emergency

Relationships

- The person with the food allergy may feel embarrassed about their allergy and telling their date
- Food particles can stay on the skin for a few hours after the food has been eaten
- Kissing can cause some people to react to very small amounts of food allergens up to a few hours after the other person has eaten
- Being prepared (rescue medication)

3. Are there any specific foods or ingredients that you would find particularly difficult to avoid in your daily life if you were following a milk-free diet? In what way would it affect how you normally lead your life?

Examples:

Cheese

Chocolate

Cakes

Yoghurts

Certain desserts

Milk on cereal

Please note:

If a member of the group is vegan, then the above examples will not apply. You can give them the opportunity to imagine having a food allergy or a food they can't have.

4. How do people with food allergies identify if a food is safe to eat?

People with a food allergy need to take practical steps in order to make safe choices. These include cooking from scratch and reading food labels carefully. By law, the 14 main allergens must be emphasised in the ingredients list on the back of a food label.

Using the food labels, look at what allergens appear in the ingredients list in bold. Look out for the presence of 'may contain' labels. Is the way that it is written the same on all products? Is it helpful to the food allergic community to have this? In what way might it not be helpful?

5. If someone has a pea allergy would this be emphasised in bold in the ingredients list of a product on the 14 main allergens?

Answer: No

Remember, allergic reactions can happen with any food. The 14 main allergens are listed as these are the most common in the EU, however there will be foods outside of these that people react to, for example pea. In the UK, we are now seeing more pea and other legume allergy thought to be because of the increase in the vegan and plant-based market.

6. So, if someone were to have a pea allergy, how would they navigate shopping? How long do you think it would take to do a food shop with a food allergy when you must read every label?

Actions people with food allergy can take include:

- Reading food labels thoroughly
- Being aware of hidden sources (plant-based foods and milks commonly contain pea)
- Contacting manufacturers directly if unsure
- Staying educated on food allergy laws and allergen information

Caution

For Rangers with food allergies:

If the Rangers will be using pre-used food packaging, ensure that it doesn't have direct contact with any of the foods that they may be allergic to (e.g. fish fingers loose in cardboard packing).

In this theme, you'll learn about other allergy triggers besides food. You'll learn how those affected by allergy can feel and how to include them.

Here are some of the allergic conditions you may encounter:

Hay fever



Hay fever is an allergic reaction to pollen. People with hay fever can be allergic to grass, tree or weed pollens, small particles that are in the air and breathed in through the nose. Hay fever can cause an itchy, runny nose; sneezing; itchy eyes; and cough. Some people may also find their asthma or eczema gets worse.

[For more information read Allergy UK's Allergic Rhinitis, Hay Fever and Asthma leaflet.](#)

Asthma



People with asthma may feel wheezy or struggle to breathe; their chest may feel tight and they may cough. Allergens such as pets, pollen, house dust mite, mould and sometimes foods can make symptoms worse in people with asthma.

[For more information see Allergy UK's allergic asthma poster.](#)

Stings



People with allergies to bee and wasp stings can have an allergic reaction when they are stung. For most people, this will only cause a sore, raised area that will settle quickly. But a few people may have a more serious reaction that needs medical help.

Skin allergies



Allergic eczema is the most common skin condition caused by allergies. Some of the allergens which trigger allergic eczema symptoms can include pets, house dust mite, pollen and foods.

People with allergic eczema can experience very dry, itchy skin and may need to use lots of creams and other medicines to help look after their skin.

[For more information take a look at Allergy UK's Eczema infographic for young people.](#)

Medicines



Some people may have allergies to medicines, including antibiotics, and medicines which provide pain relief. Fortunately, allergies to medicines are quite rare in children and young people.

Food

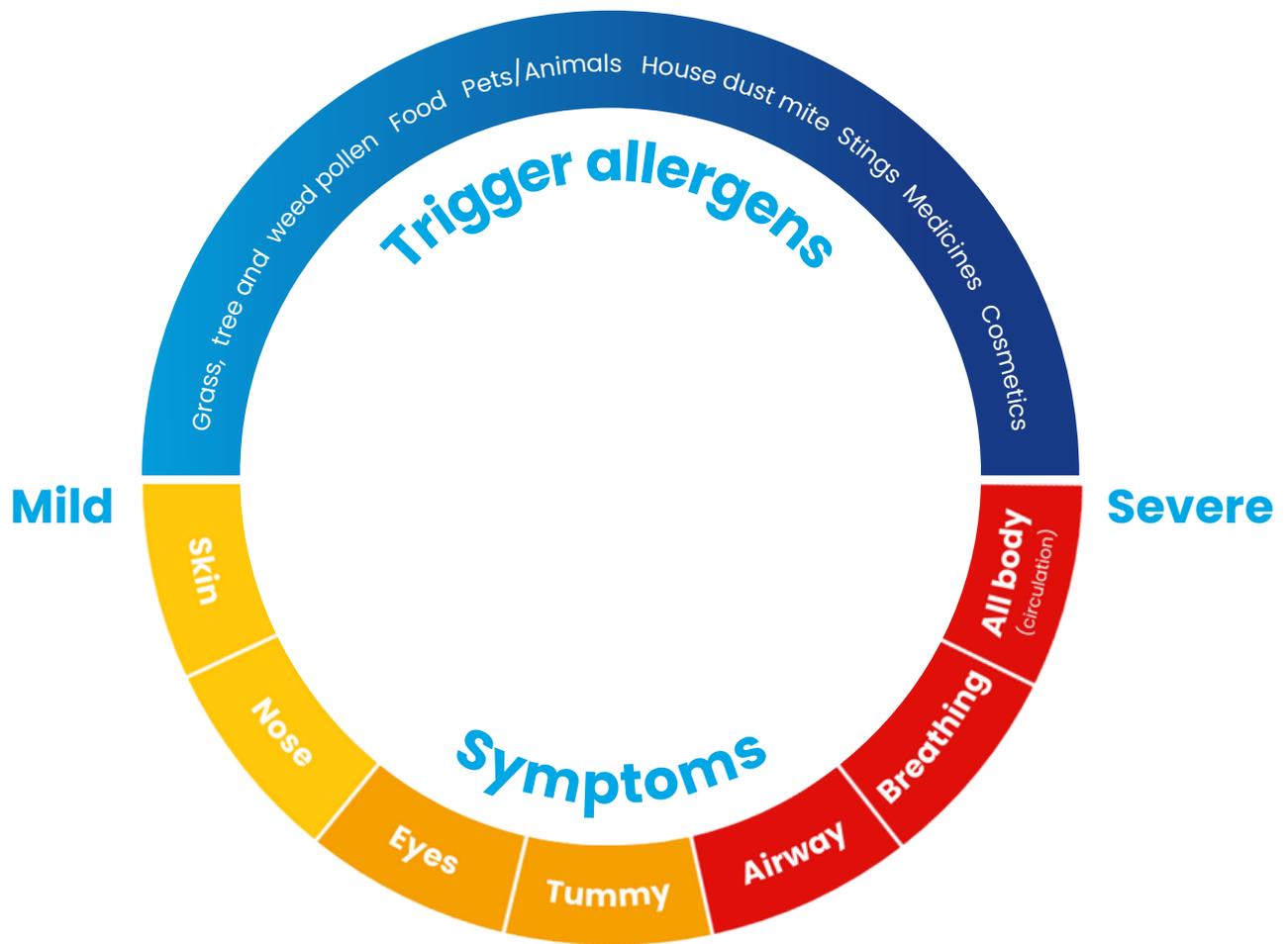


People with a food allergy can experience an allergic reaction when they eat something which contains the food allergen that they are allergic to. Symptoms of food allergy can include itchy skin, feeling sick or being sick. Sometimes it may cause the person to feel dizzy or faint and have difficulty breathing. A severe allergic reaction is called anaphylaxis and is a medical emergency, but fortunately this type of reaction is very rare.

Some of the foods that people with food allergies might have an allergic reaction are milk, egg, peanut, tree nuts, sesame, soya, wheat, shellfish (molluscs and crustaceans) and fish.

Tip for leaders

- Use the information provided on these pages to guide your conversations. You might like to print off the trigger and symptom infographic (page 26) as a visual prompt.



Skin	Itching, hives (nettle rash) or rash, swelling of lips, eyes or face
Nose	Itchy, runny nose, sneezing a lot
Eyes	Itchy, red, watery eyes
Tummy	Feeling sick or being sick, tummy pain, diarrhoea
Airway	Wheezing, coughing a lot, tight feeling in chest, not being able to breath or talk properly
Breathing	Tongue or throat can swell, difficulty talking, change in voice (sounds like sore throat)
All body (circulation)	Feeling dizzy, feeling faint, feeling irritable with confusion, pale and floppy, collapsing/loss of consciousness/passing out

Poster project



Aim: To raise awareness about allergies and promote understanding and empathy towards individuals who have allergies

You'll need

- Triggers and symptoms infographic (pg 26)
- Large sheets of card
- Pens, crayons or coloured pencils
- Glue
- Trigger and symptoms activity sheet (print 1 each or 1 to draw from)
- Safety scissors
- Craft materials

By learning about allergens, we can help people stay safe and healthy by knowing what to avoid. Can you create a poster about allergens?

Create your poster

1. What are allergies? What are the symptoms of an allergic reaction? Look at the triggers and symptoms infographic (page 26) to find out.
2. Create a poster "All about allergies". It can include any of the common allergens and the symptoms they may cause.
3. Identifying allergens: Cut out from the trigger and symptoms activity sheet or draw allergens for your poster. Where might you find these allergens? You might find egg in food, pollen in grass, or dander on pets.
4. Allergy symptoms: Cut out and match the pictures and labels in the symptoms worksheet. Stick these on your poster, too.
5. Decorate and colour: Use your creativity to decorate the poster with the craft materials provided.
6. What have you learned about allergies today? Ask your leader if you have any questions.

Share your poster

Optional: Why not display your work in a place where others can see and learn from it, such as in your unit meeting place, hallway, or community centre?

An amazing allergy song



You'll need

- Trigger and symptom infographic (pg 26)
- Lined paper
- Writing pencils and rubbers
- Optional: Musical instruments for the song

Aim: To raise awareness about allergies

Can you adapt the famous rhyme 'Head, Shoulders, Knees and Toes' to make an amazing allergy song about allergy triggers and symptoms?

Before you start

1. What are allergies? Briefly discuss common allergy triggers and where you might find them. What are the symptoms of an allergic reaction? Look at the trigger and symptom infographic (page 26) to find out.
2. Do you know the song, "Head, Shoulders, Knees, and Toes"? Sing it together or ask your leader to teach you.

Create your song

3. Brainstorm words related to allergies and think about words which might rhyme (e.g. eyes and hives, wheeze and knees).
4. Either as a whole group or in smaller groups, write new lyrics using allergy related words to the music of the song "Head, Shoulders, Knees, and Toes".

**Sneeze, wheeze, and nose
Eyes, pollen, itch, and throat
With allergies we must all help
To avoid, prevent and show we care**

Get ready to perform!

5. Come up with simple, creative actions to go along with each line of the song.
6. Practice singing the song together - then perform it for your unit!

Share your amazing allergy song

Optional: Add musical accompaniment using instruments. Encourage the Brownies to perform the song for other units or family members.

Everyone's invited: party planning challenge



You'll need

- Pens, markers and decorative/craft materials
- Paper
- Flip chart or post it notes

Aim: To increase awareness of allergic conditions, and allergy triggers. How to be inclusive and a good allergy ally

Can you plan an epic party that reflects that you've thought about how it could be inclusive for anyone with an allergy?

Before you start

1. Imagine you're planning a party for all your friends, aiming for inclusivity for everyone living with an allergy (e.g. food allergy, asthma, allergic rhinitis or eczema). Think about what you could do to make sure everyone can join in without worrying about having an allergic reaction.
2. Imagine you have a dairy food and a respiratory allergy. What aspects of a party might make it unsafe or stressful for you to attend?

Plan your party

3. Work as a unit or in small groups and put some thoughts on to sticky notes. Things to think about in the planning might include:

Food

Will you exclude certain foods from the party? If so, what foods? How will you serve your food? Could you check with guests in advance if they have any allergies? Will you exclude any known food allergens from the menu?

Could the food be clearly labelled? Can allergic guests bring their own covered safe plate of food? What about packaging for food? What about ingredients used?



Environment

Where will the party be held and what time of year? Think about indoor and outdoor triggers (e.g. pets and pollens).

Invitation

What details would you like to know in advance of a party if you had an allergy? Could the invitation be used to ask guests questions through the RSVP?

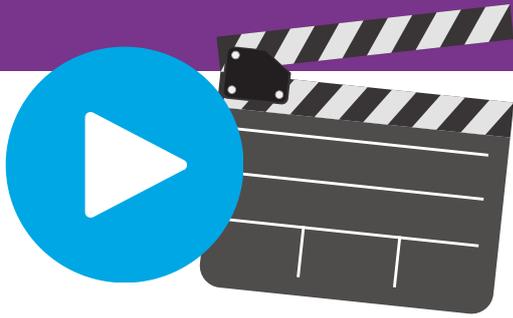
Activities and decorations

Every party has an activity around which the fun centres and most parties also have decorations. Dusty decorations that have been in storage may be harbouring allergens such as house dust mites and mould. What activities would be safe for everyone to enjoy? What decorations could you use that would be safe for someone with a respiratory allergy?

Share your party plan

4. If you've broken into small groups, come together to share ideas on a party plan that is safe for guests with allergies to attend.
5. If there is time – or instead of a group discussion – design a party invitation which clearly communicates that the person hosting the party has considered the needs of someone living with a food and respiratory allergy. You should clearly highlight allergy-friendly aspects of the party (e.g. labelled food options, location choice and inclusive activities).
6. After completing the invitation, review it together. Is there anything you have learned about allergies that you didn't know before?

Allergy allies: lights, camera, awareness!



You'll need

- A smartphone or vlogging camera for filming
- Paper and pens for brainstorming and scripting

Aim: To increase awareness of allergic conditions, and allergy triggers. How to be inclusive and a good allergy ally

Young people living with allergies face many challenges, including social exclusion, limited choices, peer pressure, and the risk of bullying and stigmatisation. By raising awareness of these obstacles, we can promote empathy, inclusivity, and support for young people living with allergies, enabling them to participate fully and thrive in their communities.

Can you create a short, impactful video for social media (no longer than 60 seconds) to raise awareness about allergies and promote inclusivity?

Plan

1. In groups of 3 or 4, choose from one of the following key messages for your film:
 - The struggle of summer at school when living with hay fever
 - The worries of an eczema flare up and having to go to school
 - The challenges of eating out with friends if you have a food allergy
2. Discuss your selected scenario's allergy triggers and symptoms. Can you think of examples that illustrate the challenges faced by individuals with these allergies? Some examples could be:
 - Hay fever: Not sleeping well, struggling to concentrate, symptoms interfering with classwork, not being able to go outdoors without symptoms
 - Eczema: Wearing clothing that exposes eczema skin, feeling embarrassed because of your skin, other people's reactions, bullying, pain of having to apply creams and lotions daily things that trigger a flare up
 - Food allergy: Needing to ask lots of questions when ordering food or taking your own safe food, being excluded/not invited next time if the restaurant can't cater for you, anxiety over having an allergic reaction in public

Write a script

3. Create a script for your video. The script needs to outline the story of your film, including their chosen key message. It can include dialogue and actions to be filmed.
4. You might want to start with something attention-grabbing (a 'hook') to encourage the viewer to continue watching.

Action!

5. Shoot your film.

Editing

6. If you have time, use an app on your phone to edit your film (e.g. CapCut or iMovie). Get creative with adding music, captions, stickers and effects to your video.

Review

7. Review your video with your leaders or the unit. Did your video get your point across? Was it easy to understand and fun to watch? Based on this feedback, would you make any changes?

Do and play!

Theme 4

This theme has a selection of fun activities to help girls learn more about allergies.



The allergen hunt



You'll need

- An outdoors space to go for a walk
- The allergen hunt checklist activity sheet (print 1 per girl or group)
- Pens/pencils
- If you can't get outdoors, or you would like an additional activity, you can use the allergen hunt scene activity sheet

Aim: To gain awareness of the environment and allergy triggers

Go on a walk in your local area and use your detective powers to spot common allergy triggers. This might be in a park or field, near a tree, in amongst rotting wood, or it could be something that you see walking down the street. Use our allergen hunt checklist activity sheet and tick off as many as you can find.

Allergen hunt worksheet

If going for a walk isn't possible you can still hunt for allergens using the allergen hunt worksheet. Take a close look at the springtime scene and circle all the allergy triggers you can find.

Tip for leaders

- Please be aware of any allergies within your group and take extra precautions to avoid exposure. Refer to adjustment plans if required.
- Visit Theme 3: Triggers, for more information on allergy triggers.

Allergy models



Brownies

Aim: To gain awareness of the environment and allergy triggers

Create a model that looks like an allergen. It could be a model of a bee, a tree, a pollen grain or an animal. Let your imagination help you create a wonderful model to share with your unit.

Ideas

- Pollen: Shape trees, dandelions or grass pollens.
- Animals/pets: Shape small animal figures such as cats, dogs, rabbits or a horse, emphasising the fur or hair aspect.
- Mould spores: Create small, irregular shapes with fuzzy edges to represent mould spores, which can vary in colour from green to black.
- Insect venom: Sculpt a bee or wasp



You could also refer to the Rainbows allergen hunt (page 34) for more ideas.

Tips for leaders

- Visit Theme 3: Triggers, for more information on allergy triggers.
- To find out more about food allergy, visit the appendix, Know-how for leaders.

Caution for Brownies with food allergies:

If the Brownies will be using pre-used food packaging for the modelling, ensure that it doesn't have direct contact with any of the foods that they may be allergic to (e.g. fish fingers loose in cardboard packing).

Playdough can contain allergens, such as wheat and gluten. Always check the ingredients on shop-bought playdough and when making playdough from scratch. Always check with the parent/carer that the modelling materials and ingredients chosen will be safe for a child with allergy.

Make sure the Brownies wash their hands with soap and water before and after using the playdough to avoid cross-contamination.

Pancake pursuits



Guides

Rangers

Aim: Awareness of the different ingredients used in foods

Have you ever tried cooking pancakes? If so, you've probably used the traditional batter mix of eggs, flour and milk. But what if you're allergic to one of these ingredients? Here are some pancake recipes where we've substituted some of the classic ingredients with alternatives. Will they still be as delicious?

You'll need

- Fork for mashing banana
- Sieve/strainer
- 2 mixing bowls
- Measuring jug
- Measuring spoons
- Whisk
- Hob or campfire with cooking grate
- Frying pan
- Spatula
- Cutlery and plate
- Ingredients to make pancakes (see activity details)
- Toppings (optional)
- Blender (for 'dairy free banana pancakes')

Egg- and milk-free banana pancakes

Contains allergens: gluten and soya

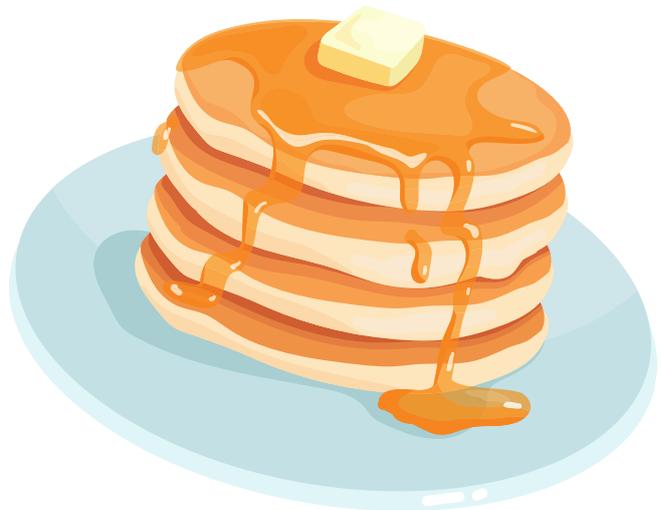
Makes around 10 pancakes

Ingredients

- 200g self-raising wholemeal flour
- 1 teaspoon of baking powder
- 1 ripe banana
- 300ml of fortified soya milk
- A drizzle of olive oil for the pan

Method

- Mash the banana with a fork, put to one side.
- Sift the flour and baking powder into the other bowl.
- Add the mashed banana and then gradually whisk in the milk.
- Continue this until you have a smooth, thick batter and then set the mixture aside.
- Heat a drizzle of oil in the frying pan and, once hot, add a thick dollop of your pancake mixture into the middle of the pan.
- Cook for 1-2 minutes.
- Flip your pancake and cook it on the other side.



Dairy-free banana pancakes

Contains allergens: oat/gluten and eggs

Makes around 8 pancakes

Ingredients

- 50g oats
- 1 ripe banana
- 2 eggs
- ½ tsp cinnamon (optional)
- A drizzle of olive oil for the pan

Method

- Blend oats until fine, put to one side.
- Mash the banana with a fork, put to one side.
- Whisk together the oats and banana with the eggs and cinnamon (if using).
- Heat a drizzle of oil in the frying pan and, once hot, add a thick dollop of your pancake mixture into the middle of the pan.
- Cook for 1-2 minutes.
- Flip your pancake and cook it on the other side.

Gluten-free American pancakes

Contains allergens: milk/egg

Makes around 12 pancakes

Ingredients

- 200g gluten-free self-raising flour
- 1½ tsp gluten-free baking powder
- 1 tbsp caster sugar
- 300ml milk
- 2 large eggs
- A drizzle of olive oil for the pan

Method

- Mix the flour, baking powder and sugar together in a large mixing bowl.
- Add the eggs and milk to a jug and whisk thoroughly.
- Create a well in the flour mixture and pour in the wet ingredients. Whisk until smooth and consistent.
- Heat a drizzle of oil in the frying pan and, once hot, add a dollop of your pancake mixture into the middle of the pan.
- Cook for 1-2 minutes on each side, making the first flip after the first minute.

Savvy substitutions

Allergy safe alternatives



You'll need

- Hob, camping stove, campfire, or oven
- Cooking equipment (this will depend on which dish you choose to cook)
- Cutlery and plate for serving
- Recipe books or internet access
- List of substitute ingredients (below)



Aim: To gain awareness of the different ingredients used in foods

Have a think about how you can replace common food allergens in cooking (e.g. cooking without egg or cow's milk) and choose a dish to make.

Task

- Take a favourite recipe and look at the ingredients in it.
- If it contains cow's milk, egg or wheat/gluten products, what alternative ingredients could use to substitute the allergens without affecting the taste?
- Create and cook a dish using the substitute ingredients.
- Share your thoughts with the rest of the group. Is it just as tasty?

Stay safe!

- Remember to check your chosen dish and ingredients against any allergies in the unit.
- Use sharp knives safely.
- Remember fire safety if cooking on a campfire.

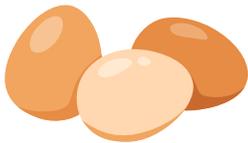
Substitution suggestions

Cow's milk



- Swap for a plant-based milk alternative e.g. soya, oat, coconut, rice-based milk
- Oat milks come in higher fat versions which can add a creaminess to a dish
- Replace butter for dairy-free spread. They can usually be used in cooking and baking, however, check the label as some cannot
- Replace cheese for plant-based, dairy-free alternatives
- When baking, substitute butter for a dairy-free spread or oil, and remember cocoa powder is often dairy-free but be sure to check the label and confirm

Egg



- 1 tbsp of chia or linseed mixed with 2 tbsp of water and left for 5 minutes to gel
- 1 tbsp of puréed fruit or ½ mashed banana
- 1 tbsp of chickpea flour with 2 tbsp water or aquafaba (the water from a can of chickpeas)
- 1 teaspoon of baking powder (raising agent)

Gluten



- If baking without wheat, wheat-free flours are widely available
- Xanthan gum is an excellent addition to replace the gluten in wheat

Tips for leaders

- Visit Theme 2: Food for more information on food allergies.
- You may wish to split this across 2 meetings: 1 to plan the recipe and the other to cook. Alternately, you could make a supermarket visit to buy the ingredients part of the meeting.

Quiz time

Brownies

Guides

Rangers

Depending
on age



You'll need

- Quiz sheets for leaders
- Paper and pens/pencils for answers
- Information from the other themes in this pack

Aim: To increase awareness around allergy and triggers

Have a go at our quiz to help reinforce what you have already learned about allergies.

The Allergy Awareness Quiz

- There are 2 Allergy Awareness Quizzes: 1 for Brownies/younger Guides, and another for older Guides/Rangers.
- Select a quizmaster. This could be your leader, a young leader, patrol leader or sixer.
- Split into small groups and compete against each other.
- In smaller units, you can complete the quiz individually.

Fundraising

Theme 5

Take it further: fundraise for Allergy UK!

Thank you so much for choosing to find out more about how you can make a difference to the lives of those living with allergies!

Allergies can significantly affect various aspects of your life. And, with the number of people affected by allergies growing every year, the need for reliable information and support is needed more than ever.

Your donations will support those living with allergies and help improve awareness of the impact of allergies. You will help to directly fund crucial services, such as:

- staffing our Helpline and dietitian services, offering essential one-to-one support for individuals and families with allergies
- supporting young people with serious allergies to attend a transformative therapeutic recreation camp at no cost
- funding awareness and advocacy campaigns that push for changes to significantly enhance the quality of life for those living with allergies

Your donations will make a difference to so many lives!

To help kickstart your fundraising for Allergy UK, we've created 3 exciting challenges, tailor-made and ready for you to dive into straight away. You can even join up with other units to have fun and raise even more money.

Groove for good

Slip on your dancing shoes and take on our groove for good dance-a-thon challenge. Strut your stuff for 30 minutes, non-stop, and collect sponsorship from friends and family during a unit meeting or as a one-off event. Glitter balls and sequins are optional, but very much recommended!



Express yourself week

We want to celebrate the things that make you, YOU! We're all wonderfully unique, each with our own reasons that make us interesting. So let's embrace our differences, be who we need to be, and accept everyone just as they are.

Show everyone the true you and express yourself through wearing your favourite outfit or costume. Amazing hair and awesome accessories are also encouraged.



Simply choose 1 week to dedicate to this event. Tell everyone about your fundraiser with posters around your meeting place or ask your leaders to spread the word through social media or newsletters to other Girlguiding groups in your area.

During your express yourself week, ask leaders to collect £2 (or a value of your choice) from everyone who attends their unit meetings expressing themselves.

The choco-less challenge



This is a tough one, we know, but can you give up chocolate for a whole week? People with a food allergy have to avoid ingredients every day of their lives to stay safe, so just not eating chocolate for one week should be easy, right?

Simply, or not so simply, avoid eating chocolate (or another favourite food of your choice) for one whole week and ask friends and family to sponsor your efforts.

Make a choco-less challenge notice to share with friends and family to let them know about your challenge and seek sponsorship.

Paying in your donations

Through the Allergy UK website

Visit www.allergyuk.org/donate and make a one-off donation

By bank transfer

Email fundraising@allergyuk.org for the details.

JustGiving

If you've not set up your own JustGiving page, you could donate via the [Allergy UK JustGiving page](#).

Over the phone

Call 01322 619898 to pay by debit or credit card.

Send a cheque

Make cheques payable to the British Allergy Foundation.

Keeping it safe and legal

We want you and everyone involved with your fundraising to stay safe and legal, so here are some important things to consider whilst you're planning your activities.

1. Insurance and licences: If you're organising your own fundraising event, it won't be covered by Allergy UK's insurance; instead refer to [Girlguiding UK's insurance](#). And refer to [Girlguiding UK's guidance on playing music](#) in your venue.
2. Collections: If you're collecting donations on private property, you'll need to get permission from the owner.
3. Follow Girlguiding policies: Refer to guidance on [risk assessments](#), [managing information](#) and [photo permissions](#).
4. Allergy UK branding: If you're creating your own fundraising materials, please include: 'In support of Allergy UK. Charity No. 1094231. Registered in Scotland; Charity No: SC039257'. If you'd like to use our logo, please email fundraising@allergyuk.org and we can provide you with a hi-res logo and guidelines.
5. If you're under 18: You'll need to get permission from a parent or guardian to fundraise for Allergy UK. Children cannot collect or deposit money.



About Allergy UK

Allergy UK is the leading national patient charity for people living with all types of allergy. Our vision is for a world where no one dies from allergy, so we are on a mission to make everyone in the UK take allergy seriously.

Visit our website and follow us on social media to find out more about the work we do and discover the incredible support we provide to those living with allergies.

www.allergyuk.org

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