

THE ABC – ALLERGY BREAKFAST CLUB!

a guide to becoming an allergy
superstar with the...

Allergy Safe Breakfast Club Activity Pack



ALLERGY PACK GUIDE

Breakfast Club, Allergy Training

Activity 1 - True or False

The answer is to be circled for true or false in regard to the statement that has been asked on the worksheet. Please find the answers below to the questions, to cross check once the activity has been completed.

- 1.TRUE
- 2.FALSE (Some people react to touching or breathing in allergens too!)
- 3.TRUE
- 4.FALSE (Not always - but it's important to check!)
- 5.TRUE
- 6.FALSE (Many allergens are hidden - always read the label.)
- 7.TRUE
- 8.FALSE (Sharing food can be risky if you don't know what's in it.)
- 9.TRUE
- 10.FALSE (Nutella contains hazelnuts.)

Activity 2 - Match the Allergy

Match up the image of the allergen with the word of the allergen. This is to grow your understanding of what some of the main top 14 allergen are!

Activity 3 - What's in the Sandwich

Circle the allergens that will be safe to be in someone's sandwich who has a tree nut, peanut and dairy allergy.

Activity 4 - Fill in the missing words.

Fill in the missing words to complete a paragraph all about keeping your friends safe when at Breakfast Club!

Wordsearch

Spot the breakfast foods that can sometimes contain top-14 allergens. We need to keep an eye out for allergens to keep our friends safe, so be Breakfast Allergy Aware!

Allergy Safe Breakfast Plate

Draw and colour a safe plate for someone with one allergy. You can pick which allergy you'd like, for example 'I'm going to make a no-dairy plate'.

Allergy Superhero

Create your own allergy superhero, their aim is to fight off your chosen allergy (this is their magical power). Remember to let us know what their superpower is!

Allergy Detective

Bring some colour to this breakfast scene with some crayons, then spot the foods that could contain top 14 allergens and circle them. How many can you find?

Allergy Superstar Bracelets:

When you have completed all of the above it is time to get your Allergy Superstar Wristbands decorated and to wear them loud and proud. You are now allergy super stars and know how to keep your friends with food allergies safe!

BREAKFAST CLUB | ALLERGY TRAINING!

Creative
Nature®



TRUE OR FALSE ALLERGY QUIZ!

Circle TRUE or FALSE for each statement:

Allergic reactions only happen if you eat the food.

TRUE / FALSE

Wheat is one of the top 14 food allergens.

TRUE / FALSE

You can always see when a food contains an allergen.

TRUE / FALSE

Eggs can be found in pancakes and muffins.

TRUE / FALSE

If someone has an allergy, it's okay to share your food with them.

TRUE / FALSE

Reading food labels is important for people with allergies.

TRUE / FALSE

MATCH THE ALLERGY

Dairy

Peanut

Crustacean

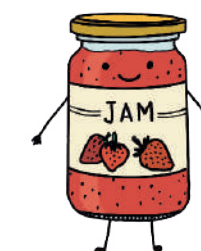
Egg

Tree Nut



WHATS IN THE SANDWICH?

Being the best Breakfast Buddy means knowing what foods you can have around your friends with food allergies. Circle the sandwiches that would be okay for your friend with a tree nut, peanut and dairy allergy.



HOW CAN YOU HELP YOUR FRIENDS WITH FOOD ALLERGIES?

Choose the right words to fill in the blanks. **SHARE** **WASH** **ALLERGIES** **FUN**

Don't food unless you've checked with a grown up and try to your hands after eating breakfast. Be kind to your friends with There are lots of fun things you can do with them at Breakfast Club which keeps them safe.

WORDSEARCH!

Spot the breakfast foods that can sometimes contain top-14 allergens. We need to keep an eye out for allergens to keep our friends safe, so be Breakfast Allergy Aware!

- ☐ **Pancakes** (milk, eggs, wheat)
- ☐ **Waffles** (milk, eggs, wheat)
- ☐ **Cereal** (may contain milk, wheat, nuts, soy)
- ☐ **Toast** (wheat, sometimes milk or sesame)
- ☐ **Bagel** (wheat, sesame)
- ☐ **Yogurt** (milk)
- ☐ **Granola** (may contain nuts, sesame, sulphites)
- ☐ **Smoothie** (milk, soy, nuts depending on ingredients)
- ☐ **Muffin** (wheat, milk, eggs, nuts)
- ☐ **Peanut Butter** (peanuts)
- ☐ **Nutella** (hazelnuts, milk, soy)
- ☐ **Porridge** (may contain milk, oats processed with wheat)
- ☐ **Fruit Bar** (may contain sulphites, nuts, sesame, soy)
- ☐ **Baked Beans** (some versions contain mustard, celery, sulphites)

A	B	A	C	O	A	S	E	K	A	C	N	A	P
Y	B	A	C	E	R	E	A	L	R	N	D	Y	M
O	P	T	K	G	F	T	N	U	T	E	L	L	A
G	A	G	E	E	P	O	R	R	I	D	G	E	A
H	T	E	R	R	D	T	E	E	K	N	S	L	N
U	P	U	S	A	S	B	M	I	E	E	N	O	H
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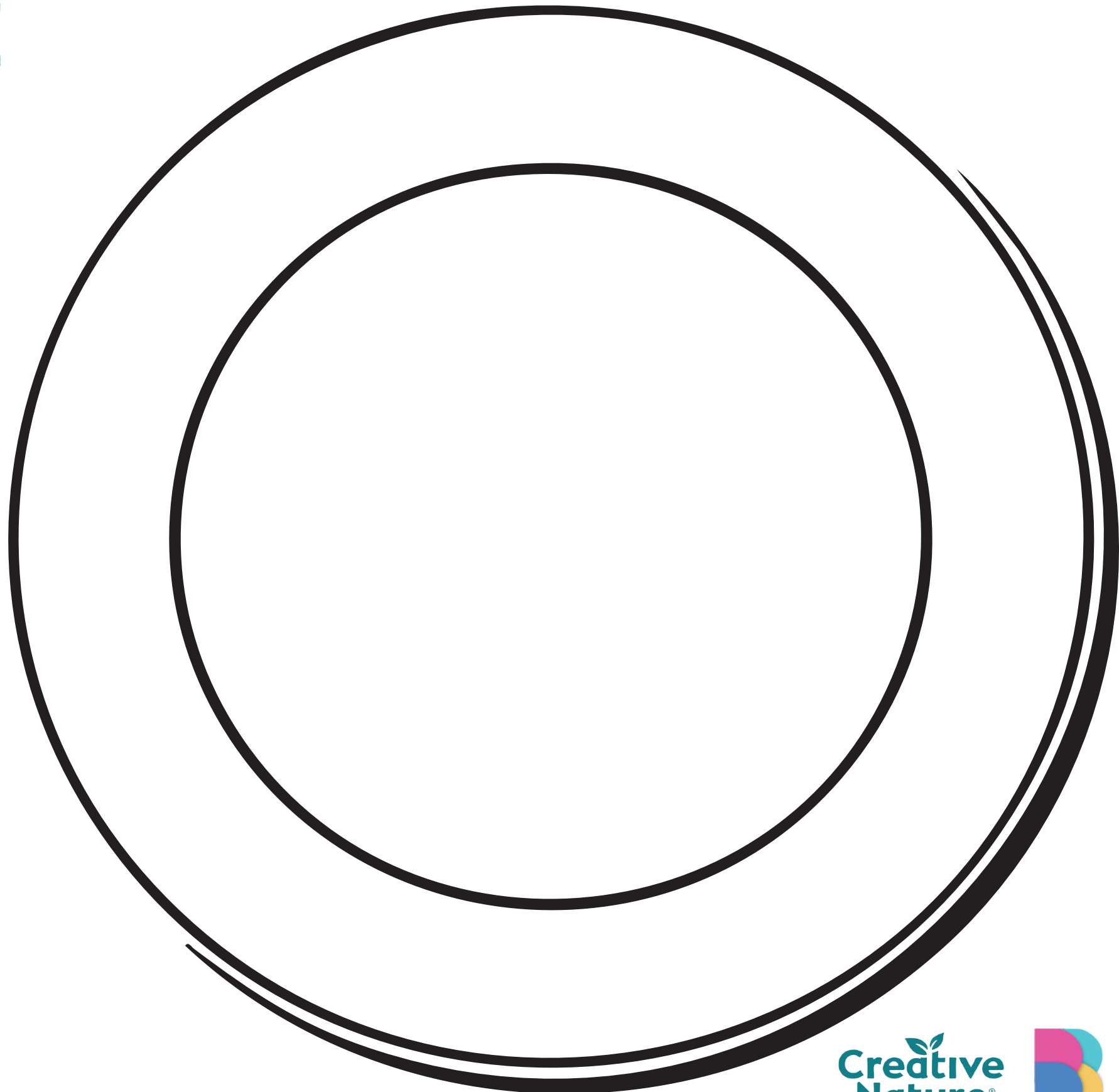
ALLGERY SAFE BREAKFAST!

Draw and colour a safe plate for someone with one allergy. You can pick which allergy you'd like, for example 'I'm going to make a no-dairy plate'.

WHAT IS YOUR BREAKFAST PLATE FREE FROM?

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Egg | <input type="checkbox"/> Sulphites |
| <input type="checkbox"/> Dairy | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Wheat | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Tree Nuts | <input type="checkbox"/> Soya |
| <input type="checkbox"/> Peanut Nuts | <input type="checkbox"/> Crustaceans |
| <input type="checkbox"/> Sesame | <input type="checkbox"/> Fish |
| <input type="checkbox"/> Lupin | <input type="checkbox"/> Molluscs |

What are the main breakfast foods that you need to avoid with your chosen allergen?



ALLERGY SUPERHERO

We would like you to create your own Allergy Superhero that will keep those with food allergies safe.



ALLERGY DETECTIVE

Bring some colour to this breakfast scene with some crayons, then spot the foods that could contain top 14 allergens and circle them. How many can you find?

