

# Food Allergies Rock! Allergy Awareness CD, by Kyle Dine

## Teacher Resource Guide

### Song 1 – Food Allergies Rock!

#### Listening Activities

- Listen to the words of the song. Try to remember all of the good things about having food allergies that Kyle sings about.
- Colour in the colouring sheets in Appendix 2 throughout the CD

#### Discussion Questions

- What are some of the good things about having food allergies? (creative in the kitchen, can read ingredient lists, responsible, healthy eater)
- Food allergies make people special, what makes you special?

**Teacher’s note:** A theme of food allergies make one special should arise. This opens the dialogue that we are all special. Whether you have brown eyes, red hair, wear glasses, have asthma or food allergies, our differences make us special and we should celebrate them.

### Song 2 – My Epineph-Friend

#### Listening Activities

- Try to sing the words during the chorus: “My Epi Epi Epi Epi Epineph-Friend.”
- Think about what piece of medicine Kyle is singing about.

#### Discussion Questions

- What is the proper name for this medicine? (EpiPen, epinephrine)
- Kyle says “Epineph-Friend”, why do you think he would call it a friend? (It can help him, just like a friend, if he is ever having trouble)
- Is this medicine a toy? (No)
- If you have allergies, should this medicine be with you some of the time, or all of the time? (All of the time)



### Song 3- Able to Read a Label

#### Listening Activities

- What is Kyle singing about in this song?
- Clap your hands



### Discussion Questions

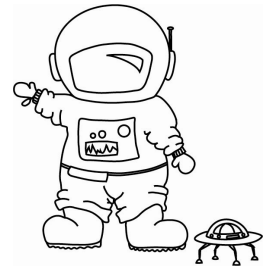
- What was Kyle singing about? (Food ingredient lists)
- What is an ingredient list? (A label on a food package that tells you all of the different foods that make up that product)
- Why are ingredient lists important for people with allergies? (It lets them know whether a food is safe or not for them to eat)
- If an ingredient list said “may contain” an allergen, should they eat it? (No)

**Teacher’s Note:** Steer the discussion into every day activities. What ingredients do you need to avoid bringing to school? What should you do if it accidentally got packed into your lunch?

### Song 4 – Cool Bracelet

#### Listening Activities

- Repeat the tongue twisters after Kyle at the end of the song
- Try to remember some of the reasons why this bracelet is so cool!



#### Discussion Questions

- What is the real name for this “Cool Bracelet” (MedicAlert Bracelet)
- What would be listed on the back of this bracelet? (Allergies)
- Why would this be important for someone with allergies to wear? (It can help speak for them if they ever have a serious allergic reaction)
- Could it be worn for other health conditions? (Yes - asthma, diabetes, heart condition etc.)

### Song 5 – Never Keep a Reaction a Secret

#### Listening Activities

- Hit thighs then clap in time with the song
- Have students make some “light noise” when Kyle sings “I’m gonna make some noise.”

#### Discussion Questions

- What is an allergic reaction? (It’s when our body’s react to a certain food causing different strange or funny signs/symptoms across the entire body)
- How can an allergic reaction happen? (By coming in contact with your allergen – for food, by eating it. For bee venom allergy, by a bee sting)
- What could an allergic reaction look like? (Symptoms include hives, rash, cramps, swelling of the lips/mouth/throat, vomiting, and dizziness)
- If you ever felt strange or funny, or saw someone with strange or funny signs, why should you not keep it a secret? Who can you tell? (Tell an adult immediately so they can help you)

## Song 6 – C'est La Vie

### Listening Activities

- Listen and try to name all of the different instruments that are in this song

### Discussion Questions

- What language is the phrase "C'est La Vie" from? (French)
- What does "C'est La Vie" mean in English? (That's life)
- What is everyone here thankful for?

**Teacher's Note:** Once you've listened to all of the answers of what students are thankful for, interject by asking if anyone is thankful for being healthy and free. Every now and then we all have a bad day, but it's important to remember all of the things we should be thankful for every day.



## Song 7 – One of the Gang

### Listening Activities

- Sit in a circle and think about the person to either side of you. Think of three reasons why you might be different from them.

### Discussion Questions

- What are some of the things that make you different from everyone else?
- Does anyone here play a sport?
- Does anyone here play an instrument?
- Who likes to play?

**Teacher's Note:** Connect the fact that we all like different things, but we all have so much in common. After all, we are all part of a group, and group members work together and help each other.

## Song 8 – Bzzzz

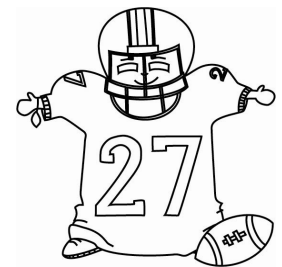
### Listening Activities

- Make a "Bzzzz" noise every time you hear one in the song.

### Discussion Questions

- We know people can be allergic to food; can they be allergic to bee stings too? (Yes)
- Why do bees sting people? (When they are angry or mad)
- Should we ever try to make a bee angry or try to hurt one? (No)
- Has anyone ever had a bee sting?
- How does it feel?

**Teacher's Note:** Students may wonder if they are allergic to bees as it was likely they have had an unpleasant bee sting experience. Inform them that doctors are the ones who will tell you if you're allergic to bees, but we should all be careful because bee stings hurt!



## Song 9 – I’ve Got Allergies under Control



### Listening Activities

- Stomp your feet every time Kyle says “stomp”

### Discussion Questions

- Would people with allergies ever need help from others? (Yes)
- What can we do to help keep our allergic friends safe at school? (avoid bringing allergen, wash our hands, no sharing)
- What do we try to avoid bringing to school?
- If you had peanut butter for breakfast, what do you need to do before coming to school, and giving an allergic friend a high five? (Wash your hands)

## Song 10 – Its Just Food

### Listening Activities

- Have students do a “chomp chomp chomp” every time they hear “It’s Just Food”

### Discussion Questions

- What type of events do you celebrate?
- What do you do at celebrations?
- How can we make our celebrations safer for friends with food allergies? (Have food in another room, avoid bringing their allergen)
- What can we do in our classroom to safely celebrate special occasions?

**Teacher’s Note:** Use this discussion to introduce any school policies surrounding in class celebrations and food.

## Song 11 – Ode to Parents

### Listening Activities

- Try to solve the food allergy maze (appendix 1) before the end of the song

### Discussion Questions

- How many of you help mommy and daddy with chores around the house?
- If you were ever hurt or cut, should you tell your parents? (Yes)



**Teacher’s Note:** Summarize by saying how parents take care of us, but we can’t keep things a secret from them. Whether it’s a scrape on the knee, a cold, or a strange symptom, it’s important you tell them right away so they can help you.

## Song 12 – I Can't Eat Eggs

### Listening Activities

- Count all of the foods mentioned in the song that have eggs.

### Discussion Questions

- Did anyone count the number of foods with eggs? (Correct number is 32)
- What animal sound did you hear? (Chicken)
- Did you ever think egg was in so many things?
- Should we ever share food with friends at school? (No)

**Teacher's Note:** Lead into a discussion that it is very difficult for us to know what foods are safe for people with allergies. It is important that we all eat our own lunch packed from home and do not share it.



## Song 13 – Benji the Chipmunk

### Listening Activities

- Pop your cheeks during the chorus (pop the air out of your cheek with a finger)
- Try to remember all of the different objects and food that Benji stuffed in his cheeks.

### Discussion Questions

- What do chipmunks usually like to stuff in their cheeks? (nuts)
- What were some of the foods that Benji stuffed in his cheeks? (grapefruit, watermelon, cheeseburger, pumpkin, cauliflower, and marshmallow)
- What did Benji's friends do to make sure that Benji could play safely with them? (They avoided nuts when Benji was around them).

**Teacher's Note:** Lead into a discussion that we need to make sure everyone can play and never exclude someone from a group. We should always be caring towards others and make sure everyone is included.

## Song 14 – Five Little Beans

### Listening Activities

- Countdown the number of beans throughout the song

### Discussion Questions

- Where were the names of all the different beans in the song? (Jelly Bean, Yellow Bean, Green Bean, Soy Bean)
- Can people be allergic to beans? (Yes)



**Teacher's Note:** Let students know that you can be allergic to many things. We often hear a lot about peanut allergies, but other allergies can be just as serious. No matter what the allergy, we all need to do our part in keeping everybody safe.