

ALLERGY AWARENESS ACTIVITY SHEET

Fun activities to learn how to be an Allergy-Safe Friend!

My Name: _____

Date: _____

* ACTIVITY 1: Circle the SAFE choice

1. Your friend has a peanut allergy. At lunch you should...

A) Share your peanut butter cookie B) Trade sandwiches C) Eat your own lunch

2. You see a classmate with hives and a swollen lip. You should...

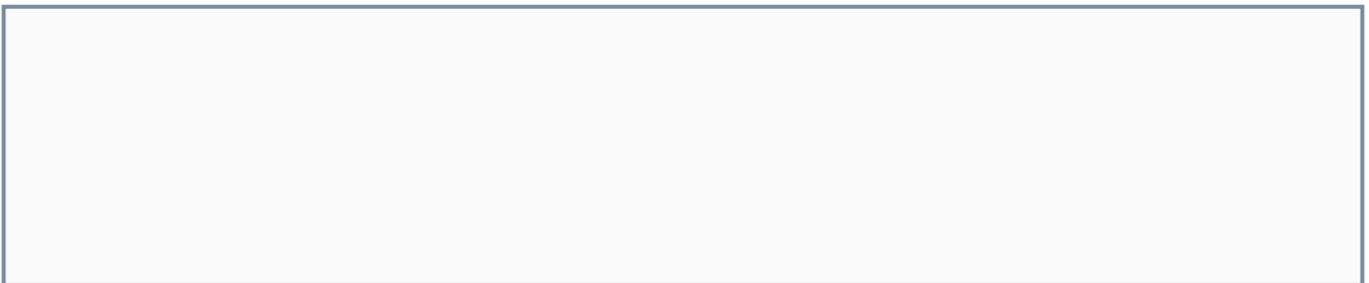
A) Ignore it B) Tell a teacher right away C) Offer them water

* ACTIVITY 2: True or False? Write T or F on the line

- ___ 1. It's okay to share food if someone asks nicely.
- ___ 2. Food allergies can cause serious, life-threatening reactions.
- ___ 3. Washing your hands helps prevent accidental allergen contact.
- ___ 4. Only adults need to worry about food allergies.
- ___ 5. Being kind to friends with allergies is important.

* ACTIVITY 3: Draw your allergy-safe lunch!

(Draw foods you love that are safe to share with friends)



* MY ALLERGY-SAFE FRIEND PLEDGE

I, _____, promise to:

- Never share or swap food with classmates.
- Wash my hands before and after meals.
- Tell a teacher if a friend seems sick.

Answer key -- Activity 1: 1-C, 2-B | Activity 2: 1-F, 2-T, 3-T, 4-F, 5-T