

# Use the classroom curriculum to reinforce allergy awareness and self-management

A suggestion for implementing the strategy 'Create an inclusive learning environment' from the Guide: [Allergies](#)

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**Includes:**

Health and physical education: Years 1-12

Home economics and health

Key competencies

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Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Create an inclusive learning environment](#)

Suggestion: [Use the classroom curriculum to reinforce allergy awareness and self-management](#)

Date

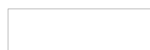
09 May 2019

Link

[www.inclusive.tki.org.nz/guides/allergies-and-learning/use-the-classroom-curriculum-to-reinforce-allergy-awareness-and-self-management](http://www.inclusive.tki.org.nz/guides/allergies-and-learning/use-the-classroom-curriculum-to-reinforce-allergy-awareness-and-self-management)

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## Health and physical education: Years 1-12



Source: [Health and Physical Education Online](#)

Source:

[Health and Physical Education Online](#)

<http://health.tki.org.nz/Teaching-in-HPE/Health-and-PE-in-the-NZC/Health-and-PE-in-the-NZC-1999/Achievement-objectives-chart>

[View full image \(221 KB\)](#)

Plan to increase all students' knowledge, understanding, and skills to manage themselves and create safe environments.

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# Home economics and health

Teach awareness and understanding of allergies through **health and home economics**.

Plan for students to consider the impact of allergies as they develop understandings of:

- meeting their nutritional needs – foods that are safe to eat, reading food labels
- safety management for themselves and others – carrying medication, checking own food, asking before sharing food
- preparing food to ensure it is safe for those with food allergies
- responsible decision making – making safe food choices, identifying personal safety risks
- demonstrating empathy – supporting friends, providing help, considering the health needs of others.

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## Key competencies



Source: Ministry of Education

**Source:**

[Ministry of Education](#)

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**Plan learning opportunities** for students to build the skills to self-manage their allergies and support others.

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## Peer support

The attitudes of friends can influence the way allergies are perceived and managed.

**Be a MATE** – Make Allergy Treatment Easier – is an educational awareness programme. Anyone can be a MATE by following these four easy steps.

1. Don't share your food with friends who have food allergies.
2. Wash your hands after eating.
3. Know what your friends are allergic to.
4. Get help straight away if a schoolmate who has allergies gets sick.

Allergy and Anaphylaxis Australia produce these useful classroom resources.

- [Primary school resources](#)
- [School resources](#) (Years 1-10)
- [Be a Mate resources](#) (Years 5-12)

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## Use picture books



Source: Ministry of Education

**Source:**

[Ministry of Education](#)

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Use storybooks to help children understand allergies, and stimulate discussion.

**[Allergy NZ provide a list of books, including picture books for young children, that are available for purchase.](#)**

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## Useful resources

### Health and physical education: Achievement objectives

Publisher: Ministry of Education | Te Tāhuhu o te Mātauranga

[Visit website](#)



### Allergy awareness resource for primary years

Read time: 21 min

Publisher: Allergy & Anaphylaxis Australia

[Download PDF](#)

### School resources

Publisher: Allergy & Anaphylaxis Australia

[Visit website](#)

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