**Inclusive Education** 

From

Guide: Allergies and learning

Strategy: Create an inclusive learning environment

Suggestion: Use the Wellbeing / Mana Atua strand in Te Whāriki

Date

25 April 2024

Link

inclusive.tki.org.nz/guides/allergies-and-learning/use-the-wellbeingmana-atua-strand-in-te-whariki

## Raise awareness through play

## Learning opportunities to create awareness of, and promote safety for, all allergies

Learning Outcomes	Potential learning context and activities
Keeping themselves healthy and caring for themselves   te oranga nui	Importance of washing hands before preparing and eating food Keeping food to eating areas Knowing 'safe' foods Show pictures of foods that are 'unsafe' for some children Model reading food labels Importance of not sharing food as it can be 'unsafe' for other children Knowing what food is 'safe' to eat if you have a food allergy Knowing who to go to for help Talking about things that keep you safe e.g. medic-alert bracelet Some children need to take medicines to keep them from becoming unwell
Managing themselves and expressing their feelings and needs   te whakahua whakaaro	Using pictures and images to identify and show a teacher how you are feeling Role play saying "No" to food that is unsafe Role play to support children to talk about their allergies Role play being at a restaurant and asking for an allergy safe menu Pretend to grocery shop for safe foods Talk about, and show pictures of, common things that can cause allergies Demonstrate words like "itchy" and 'tingly' that relate to allergy symptoms Sharing with others special medical items e.g. epipen
Keeping themselves and others safe from harm   te noho haumaru.	Learning the importance of not sharing food with others     Foods that are healthy for most people can make some people very sick     Role play what it might look like if their friend becomes sick     How to look after my friends

## Source:

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