

# 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 and learning](#)

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## **Includes:**

- Health and physical education: Years 1-12
- Home economics and health
- Key competencies
- Peer support
- Useful resources

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

11 September 2025

Link

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

[The New Zealand Curriculum Online](#)

<https://nzcurriculum.tki.org.nz/The-New-Zealand-Curriculum/Health-and-physical-education/Achievement-objectives>

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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

<p><b>Expressing needs and feelings</b></p> <ul style="list-style-type: none"> <li>• Plan opportunities for students to talk about and research causes and management of allergies through health units, inquiry topics, and science</li> <li>• Use drama and role play to act out scenarios e.g. how to help someone who is unwell, what a allergic reaction might look like</li> <li>• Use reading materials, media, and images as discussion starters</li> </ul>	<p><b>Negotiating hazards</b></p> <ul style="list-style-type: none"> <li>• Plan opportunities for students to identify potential allergy triggers e.g. design posters, create short films</li> <li>• Role play what to do in emergency situations when others show warning signs and symptoms of an allergic reaction</li> <li>• Increase student awareness of reading food labels, providing allergy-friendly baking for school stalls</li> <li>• Support students to self manage by identifying personal safety measures e.g. wearing long sleeves and shoes if allergic to insect bites</li> </ul>
<p><b>Respecting their peers</b></p> <ul style="list-style-type: none"> <li>• Develop support strategies and tips for keeping peers with allergies safe e.g. don't share food items, wash hands before and after eating</li> <li>• Discuss what it might happen if someone was tricked into eating something they are allergic to</li> </ul>	<p><b>Making safe decisions</b></p> <p>Use trips, camps, and school activities as an authentic context for:</p> <ul style="list-style-type: none"> <li>• discussing making safe decisions e.g. identifying risky food, sharing food, times when students might need to carry their own EpiPen, or recognise they need to take allergy medication</li> <li>• identifying areas, equipment or materials that could pose potential risk e.g. long grass, insects</li> </ul>

**Source:**

Ministry of Education

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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 presentations – Allergy aware](#) (Years 1–10)
- [Be a Mate resources](#) (Years 5–12)

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## Useful resources



### Health and physical education: Achievement objectives

Health and physical education in the New Zealand curriculum.

Publisher: Ministry of Education NZ

[Visit website](#)



### School resources

These six downloadable resources foster allergy awareness and safety in primary and secondary students.

Publisher: Allergy & Anaphylaxis Australia

[Visit website](#)

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