

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	<ul style="list-style-type: none">Importance of washing hands before preparing and eating foodKeeping food to eating areasKnowing 'safe' foodsShow pictures of foods that are 'unsafe' for some childrenModel reading food labelsImportance of not sharing food as it can be 'unsafe' for other childrenKnowing what food is 'safe' to eat if you have a food allergyKnowing who to go to for helpTalking about things that keep you safe e.g. medic-alert braceletSome children need to take medicines to keep them from becoming unwell
Managing themselves and expressing their feelings and needs te whakahua whakaaro	<ul style="list-style-type: none">Using pictures and images to identify and show a teacher how you are feelingRole play saying "No" to food that is unsafeRole play to support children to talk about their allergiesRole play being at a restaurant and asking for an allergy safe menuPretend to grocery shop for safe foodsTalk about, and show pictures of, common things that can cause allergiesDemonstrate words like 'itchy' and 'tingly' that relate to allergy symptomsSharing with others special medical items e.g. epipen
Keeping themselves and others safe from harm te noho haumarū.	<ul style="list-style-type: none">Learning the importance of not sharing food with othersFoods that are healthy for most people can make some people very sickRole play what it might look like if their friend becomes sickHow to look after my friends

Source:
Ministry of Education

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