

Leader's Guide

Joey Panda and His Food Allergies Save the Day by Amishi S. Murthy, MD and Vivian Chou, MD
Illustrated by Joseph Cannon

Nutrition Educators: This Book in a Bag lesson is intended for use in classrooms or settings where food allergies are an actual issue. It may not be an appropriate “general topic” for routine teaching.

Objectives:

In addition to the overall objectives for Book in a Bag:

- children will learn about food allergies
- children will understand the importance of asking about allergens in food

Lesson Outline:

1. Read *Joey Panda* and the entire section on food allergies prior to lesson.
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and “A Look at Our Book: Parent's Page” as needed. If desired, attach a recipe “card” to each Parent's Page.
4. Prepare evaluation tool you will use with the children.
5. Arrive early – be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Assist children in completing evaluation tool.
9. Distribute pages for take-home, as appropriate.
10. Clean up.

Questions to Facilitate Discussion of the book:

- Why was Joey Panda scared about school starting the next day?
- What question did Joey need to ask before he ate anything?
- What did Joey always have with him?
- How did Chris Frog know about food allergies?
- What did Mr. Elephant do to help Joey take part in the class project?
- Who did Joey call to help Kevin Lion?
- What did Kevin have to do after he felt better?

General Discussion Questions about Food Allergies

(www.classroom.kidshealth.org/prekto2/problems/conditions/food_allergies.pdf)

Note: The following questions are written in language appropriate for sharing with young students, and their use is permitted for classrooms.

1. If you have a food allergy, it means that eating some foods can make you sick. Do you have a food allergy or know someone who does? What do people with food allergies have to do to take care of themselves?
2. Is it OK for a kid with a peanut allergy to have just a little bit of that yummy-looking candy bar with peanuts in it? Why? What can happen when a kid with a food allergy eats that food?

3. It's the week before school starts and you get a letter in the mail that says you can't pack foods with peanuts in them for lunch this year. That means no more peanut butter and jelly sandwiches — your favorite! Why do you think your school said no more peanuts in school? How do you feel about this rule? Why?
4. Your friend Katie is allergic to eggs, and she always feels left out at birthday parties because she can't eat the cake. What could you do or say to make Katie feel better?

For more information and resources on food allergies, check out these websites:

Allergic Living: www.allergicliving.com

Food Allergy Research and Education: <http://www.foodallergy.org/>

Kids With Food Allergies: <http://community.kidswithfoodallergies.org/>

Ally & Andy's Awesome Asthma and Allergy Activities: http://www.aafa.org/pdfs/Activity_Book92911.pdf

Other related children's books:

Mangos for Max by Jessica St. Louis

Food Allergies and Me by Juniper Skinner