

Activity: The Allergen Story

Activity Description: Learners identify common food allergens by listening to a story about them.

Activity Profile	<input checked="" type="checkbox"/> Active	<input checked="" type="checkbox"/> Somatic	<input checked="" type="checkbox"/> Individual	<input type="checkbox"/> Instructor-led
	<input type="checkbox"/> Passive	<input type="checkbox"/> Auditory	<input checked="" type="checkbox"/> Partners/teams	<input checked="" type="checkbox"/> Learner-led
		<input type="checkbox"/> Visual	<input type="checkbox"/> Whole class	
		<input checked="" type="checkbox"/> Intellectual		
Class time	5 minutes			
Materials	<i>The Allergen Story</i> , instrumental music, flip chart or white board, markers			

During Class

- 1 Tell learners that you are going to tell them a story that will help them learn or remember the Big Eight food allergens. Tell them that they will be able to recall these allergens after this activity.
- 2 Tell learners to focus on the places that they will go in the story, imagining what the places will look and smell like. It is also important to focus on the products that they will be dropping off.
- 3 Ask the class to relax, close their eyes if they wish, and get ready for the story they are about to hear. If possible, play some relaxing instrumental music in the background.
- 4 Read the story to the class in a calm and soothing voice. Exaggerate where possible to make the story come to life. Place special emphasis on the bolded words in the story.
- 5 Have the class pair up, discuss the story, and identify the common allergens.
- 6 Ask the class to identify the common allergens, which you then write on a flip chart. Redirect wrong answers.

Answers

Big Eight Allergens:

- Milk
- Eggs
- Soy
- Fish, such as bass, flounder, and cod
- Tree nuts, such as almonds, walnuts, and pecans
- Peanuts
- Crustacean shellfish, such as crab, lobster, and shrimp
- Wheat

Activity The Allergen Story

Imagine you are Charlie, a delivery driver for Daydreams Foodservice. Your company's motto is, "You Need It? We Got It!" It is a great place to work because you deliver anything and everything that a restaurant could need. On this particular day, you have six stops to make. But in this job, it's not the food but the destinations that are the fun.

Your first stop is Shake It, home of the best shakes in town. At Shake It, the shakes are so thick you can hardly get them through the straw. Only once you get a sip, it's heaven on earth. You drop off a ton of **milk**, and on your way out you buy yourself the **Milk Monster**, your favorite, 32-ounce vanilla **milk** shake. Considering it's such a hot day, that **milk** shake sure hits the spot.

Your next stop is Sunny Side Up, a breakfast diner. No one in the area goes anywhere else for **eggs**. They make your **eggs**, **eggs**actly the way you want them—over easy, scrambled, poached, fried; and if you feel like Rocky Balboa that day, they'll even serve them to you raw. You drop off several cases of **eggs**. Because the owner believes that there is no **egg**scuse for going away hungry, he asks you to try his new **egg** salad sandwich on the way out.

Your next stop is Here **Fishy, Fishy, Fishy**; a **fish** and **shellfish** joint. Even though the name of the place sounds a little **fishy**, this is one of the hippest and most popular restaurants in town. You are bringing them **fish** and **shellfish** that have been flown in by Daydreams Foodservice just this morning. Before you leave, you make reservations for two, because your significant other loves mussels.

Your next stop is part of your family's tradition, **Wheat's** Bakery. **Wheat's** has supplied your family with cakes, breads, and pastries for the last 50 years. Your birthday cakes and your mother's birthday cakes have all been made by **Wheat's**. Today, Old Man **Wheat** is milling around the bakery, still going strong. Mr. **Wheat** swears that the **wheat** in the flour you deliver is the secret to his success. As you leave, you catch a whiff of some **wheat** bread just coming out of the oven. Hey, where's the butter?

The next stop on your route is Tofu's, an up-and-coming vegan bistro. Their motto is "Everything is soy good!" Being a steak-and-potatoes person, you never knew that so many tasty dishes could be made out of **soy** and **soy products**. You drop off six cases of tofu, grab a take-out menu for later, and then you're on your way!

Your last stop of the day is The Nut House, and I don't mean the psychiatric ward, but a specialty house that makes every possible edible product out of nuts. Today's load is heavy—you've got 75 pounds of **peanuts**, 50 pounds of **pecans**, and 25 pounds of **walnuts**. That's enough nuts to feed all the elephants in the circus! You buy a slice of **pecan** pie on the way out, and it's soooooo good!

Now on your way back to the warehouse, you think back on your day; the **Milk Monster**, the **egg** salad sandwich, how happy your significant other will be when he or she gets the mussels at **Here, Fishy, Fishy, Fishy**, the aroma of bread at **Wheat's** bakery, the **soy** you delivered to Tofu's, and the **peanuts** and **tree nuts** you left at The Nut House. What a great day! But just as you pull into the warehouse driveway, you notice several bumpy, red patches of hives appearing on your arms. You hope it's not something you ate!