Social awareness of food allergies and cultural food choices

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My background
SEL

• Social awareness
  • Perspective-taking
  • Empathy
  • Appreciating diversity
  • Respect for others
In this hour, you’ll be able to:

- Explain food allergy bullying
- Identify ways the lunches of first and second-generation students may be a trigger for bullying
- Describe at least 3 strategies to increase student empathy for classmates who must avoid or who choose to eat foods from diverse areas
Relevance

• Food allergies – 4-6% of children (ACAAI)
• Increased diversity in schools
• Lunchtime bullying

• Perfect topic for building:
  • Empathy
  • Appreciating diversity
  • Respect for others
Quick review

<table>
<thead>
<tr>
<th>Food Preference</th>
<th>Food Intolerance</th>
<th>Food Allergy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REACTION</strong></td>
<td><strong>SYMPTOMS</strong></td>
<td><strong>SYMPTOMS</strong></td>
</tr>
<tr>
<td>None to Low</td>
<td>- Bad taste</td>
<td>- Irritated skin or gut</td>
</tr>
<tr>
<td></td>
<td>- Annoyance</td>
<td>- Difficulty breathing</td>
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<tr>
<td></td>
<td>- Dissatisfaction</td>
<td>- Potentially fatal</td>
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<td></td>
<td></td>
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<tr>
<td>Mild to Moderate</td>
<td>- Immediate or delayed</td>
<td>- Feeling sick or ill</td>
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<tr>
<td></td>
<td>- Migraine, lethargy, bloating, diarrhea, etc.</td>
<td></td>
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<tr>
<td>Mild to Severe</td>
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</tbody>
</table>

- Difficulty breathing
- Potentially fatal
Symptoms of anaphylaxis usually involve more than one part of the body. Some symptoms include:

- **BRAIN** (feeling like something awful is about to happen)
- **MOUTH** (swelling of the lips, tongue or throat)
- **LUNGS** (shortness of breath, trouble breathing, wheezing)
- **HEART** (dizziness and/or fainting)
- **SKIN** (rashes, itching and hives)
- **STOMACH** (stomach pain, vomiting or diarrhea)
Top 8 Food Allergens

• What are they?
Our group???
My why
Those food allergy parents!
The social impact of food allergies on families:

- 89% have avoided certain restaurants
- 82% have changed family traditions to accommodate food allergies
- 53% have skipped out on an important school function
- 45% have avoided airline travel

#morethanfoodallergies
kidswithfoodallergies.org/awareness

The emotional and mental health impact of a child’s food allergies on their parents:

• 92% say they always or occasionally feel fearful for their child’s safety because of food allergies
• 90% say they always or occasionally fear cross-contact of foods
• 75% say it causes fear/anxiety for their family
• 31% of parents say they have seen a mental health professional related to their child’s food allergies

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ONE DOES NOT SIMPLY

LEAVE THE HOUSE WITHOUT SAFE
TREATS
Epi-Pens

Demonstrate with a trainer

Verbal instructions

Practice!
“Blue to the sky; orange to the thigh”

After use call 911
Classroom strategies

• Books - samples
• Accommodations – formal or informal
  • Parties, birthdays, rewards/motivators, cafeteria
• 504s
  • All of the above and MORE!
Religious beliefs

• Jehovah’s Witness: Do not celebrate religious holidays-no treats
• Jewish
  • Kosher
• Islam
  • Ramadan – Lailah’s lunchbox
    • No water
  • Other days of fasting
  • Haram/Halal foods
Typical school lunches

- What does your school cafeteria provide?
- What do your students pack for lunch?
Diverse lunch choices – Saveur.com
Lunchtime bullying

• Food allergies: [https://www.youtube.com/watch?v=_0AfuBAsJKY](https://www.youtube.com/watch?v=_0AfuBAsJKY)

• Cafeteria environment
  • NEA: frequent site of bullying
  • Food that smells differently or looks different than “typical” regional food
OF COURSE, CHILDREN WITH PEANUT ALLERGY'S NEED TO BE PROTECTED.

BUT MAYBE...IF TOUCHING A NUT KILLS YOU YOU'RE SUPPOSED TO DIE.

THE FACE YOU MAKE

WHEN THAT PERSON WITH A FOOD ALLERGY STARTS BEING REALLY OBNOXIOUS AND OVERDRAMATIC ABOUT IT

Face You Make Robert Downey Jr Meme - Imgflip
Empathy - concerned response to another’s feelings

Seek to understand/be informed

Work with parents

Model respect & sensitivity

Show students how to be an upstander
Strategies to increase empathy

• Elementary:
  • Kindness project
  • Character education
  • Books for children

• Advisory period:
  • “What if...”

• Secondary:
  • Health class and biology topic
  • Fundraiser
Cafeteria Strategies

- “Together table”
- Table buddies/Allergy-free tables
- Adult monitoring
- Classroom rules extend into cafeteria
- Field trips also
Curricular resources

• https://www.foodallergyawareness.org/education/ General resources and information


• http://healthpoweredkids.org/lessons/food-allergy-awareness/ K-3


• https://www.commonsense.org/education/lesson-plans/food-allergies HS
Resources

- FARE – www.foodallergy.org
- *Lailah’s lunchbox*: A Ramadan story by Reem Faruqi
- *Kylie’s special treat: A food allergy fairy tale* by Letizia Barbetta
- *Eating gluten free with Emily: A story for children with celiac* by Bonnie J. Kruszka