

Be a PAL[®] (Protect A Life)

Instructional Guide



FARE[®]

Food Allergy Research & Education

What Is Be a PAL (Protect A Life)?

Be a PAL® is a simple education program that helps children and teens learn how to Protect A Life by being a good friend to kids with food allergies. It can be used by anyone, including **teachers, parents, scout leaders and coaches**. After completing this program, kids will:

1. **Know what a food allergy is and the most common food allergens**
2. **Understand what can happen if someone eats a food they are allergic to**
3. **Learn steps to help protect a friend from being accidentally exposed to a food they have an allergy to**
4. **Know what to do if a friend is having a food allergy reaction**



Be a PAL Materials Include



HANDOUT* - Be a PAL to friends with food allergies



WALL POSTER* - Be a PAL to friends with food allergies



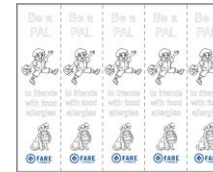
SLIDE DECKS (2) - Food allergy awareness basics for elementary & middle and high school



STUDENT VIDEO - Students of all ages with food allergies sharing their experiences with a call to action for students that want to Be a PAL to those with Food Allergies (4 mins)



INTERACTIVE COURSE - 'Living in Their Shoes' activity (for middle & high school)



BOOKMARKS - Black and white for coloring (for elementary)



CERTIFICATE (for all) – PDF format for easy download and printing

***NOTE:** The handouts, wall posters and certificates are offered in six languages other than English: Arabic, Chinese, Portuguese, Spanish, French and Vietnamese.

GETTING STARTED

Many parents, teachers, coaches and others have used our Be a PAL program successfully. Here are some tips to help you get started:

1. Reach out to the school principal, youth group leader, or member of the school staff where you hope to present and ask them for a quick meeting to discuss the program.
2. Be prepared to discuss program details like: (1) The materials you'll use; (2) How long the lesson may take; (3) What room(s) or equipment you'll have access to (i.e., library, auditorium and classroom) or need.
3. Don't forget to mention that it's completely free and benefits everyone!



Using the Be a PAL Materials: Elementary school students

Materials used:

- Food allergy book (optional)
- Slide deck presentation
- Bookmarks (coloring activity)
- Poster
- Handout
- Certificate

Sample lesson plan:

1. Begin with the slide deck presentation (PowerPoint) so learners become familiar with food allergy facts, including how many kids are affected and what the most common food allergens are in the U.S.
2. Follow up with reading a food allergy book to help reinforce the points made in the slide deck.
3. Discuss what you read with the students to help them better understand the importance of knowing how to Be a PAL to their friends with food allergies.
4. Finish up with a fun coloring activity (bookmarks) as a take-away from the day's lesson.
5. Present certificates to all participants and thank them for their time.
6. Ask for a volunteer to hang the poster in their classroom and someone to pass out the handouts to each student.

Using the Be a PAL Materials: Middle and high school students

Materials used:

- Slide deck presentation
- Online 'Living in Their Shoes' interactive course (accessed on the Food Allergy Academy as a group or individually through a laptop or mobile device)
- Poster
- Handout
- Certificate

Sample lesson plan:

1. Begin with the slide deck presentation (PowerPoint) so learners become familiar with food allergy facts, including how many kids are affected and what the most common food allergens are in the U.S.
2. Follow up with the 'In Their Shoes' interactive course for reinforcement of what was learned in the slide presentation. The course can be presented on a white board (or screen) and completed as a group, or it can be accessed individually by each student on a mobile or laptop device.
3. Discuss with the students what they learned in the course to help them better understand the importance of knowing how to Be a PAL to their friends with food allergies. Allow for Q & A time.
4. Present certificates to all participants and thank them for their time.
5. Ask for a volunteer to hang the poster in their classroom and someone to pass out the handouts to each student.

Food Allergy Books

FARE offers a list of fun and accessible food allergy storybooks on our **Be a PAL** webpage. This list is not exhaustive and you are free to choose whichever food allergy story works best for your lesson.

Some suggested books:

- Someone in Our Class has Food Allergies
- Penny and the Peanut
- Not Today, Butterflies! A Book About Food Allergy Anxiety
- Bullying Leaves a Bad Taste: Anti-bullying Initiative for Kids & Teens with Food Allergies





THANK YOU FOR YOUR SUPPORT!

All Be a PAL materials are provided at
www.FoodAllergy.org/BAP

For more information, please email us at
education@foodallergy.org



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