

Arthur[®] Hooray for Health!



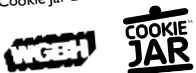
Binky Goes Nuts

UNDERSTANDING PEANUT ALLERGIES



Approved by
The Food Allergy
& Anaphylaxis
Network

ARTHUR is a produced by WGBH Boston
and Cookie Jar Entertainment Inc.



Funding for ARTHUR[®] is provided by a Ready To Learn Television Cooperative Agreement from the U.S. Department of Education through the Public Broadcasting Service. Corporate funding is provided by Chuck E. Cheese's[®] and Rhodes Bake-N-Serv[®].

Understanding Peanut Allergies


What makes peanut allergies so dangerous? How can a school or daycare be made safe for children with food allergies? Watch the ARTHUR episode “Binky Goes Nuts,” then share the information below with your students as you do the activities on page 3. Adapt activities to include discussion about other food allergies that students in your class or school may have.

FOOD ALLERGY FACTS

The most common food allergies are:

milk	shellfish
eggs	fish
peanuts	soy
tree nuts	wheat

Among these allergies, reactions to peanuts, tree nuts, shellfish, and fish are most likely to be life-threatening and least likely to be outgrown.



Teach your students how to be a PAL to classmates with food allergies.



Be a PAL!
Protect A Life

*Adapted from The Food Allergy & Anaphylaxis Network (FAAN) Be a PAL: Protect A Life (PAL) Program. Used with permission.

Background Information

What is a food allergy? When someone with a food allergy eats or comes into contact with that specific food, his or her immune system triggers an **allergic reaction**. There is no cure for a food allergy. The only way to treat it is to completely remove that food from one’s diet.

What are the symptoms of an allergic reaction? People have different reactions. Symptoms can include hives, itchiness, swollen throat, wheezing, nausea, and in severe instances, **anaphylaxis**. Anaphylaxis is a severe allergic reaction that involves difficulty in breathing, a drop in blood pressure, and sometimes a loss of consciousness. Mild allergic reactions can be treated with antihistamines. Anaphylaxis needs to be treated immediately with epinephrine, auto-injected with an EpiPen®.

Why are peanut allergies a serious concern? People with peanut allergies can experience life-threatening reactions to eating tiny amounts of peanuts. It’s important that allergic people avoid all peanut products. Foods such as chili, hot cocoa, crackers, soups, cookies, and chocolates sometimes contain trace amounts of peanut butter or peanut flour, ingredients that are often used as thickeners or flavorings. ‘Safe’ foods can also be contaminated when they are manufactured or packaged on the same machines that process peanut products.

How can schools provide a safe environment for children with peanut allergies?

Teachers, nurses, and nutritionists must work closely with families and doctors. Allergic children should have allergy information, a treatment plan, and medicine kit on hand at all times. Adults responsible for the children must know how to use an EpiPen® in case of anaphylaxis. Children with severe peanut allergies often bring their own safe food for lunch and snacks. The school needs to ensure that they have a clean place to eat, so the food is not contaminated. Classmates need to be taught simple facts and rules about peanut (and other food) allergies. For example, if a child who has just eaten a peanut butter sandwich and not washed hands gives a high five to a classmate with a peanut allergy, a small amount of peanut butter could get on the allergic child’s hand. If the child’s hand then gets into his or her mouth or eyes, the result could be a serious allergic reaction. “Be a PAL” activities (page 3) teach children how to help their classmates with food allergies stay safe.

For more information, visit The Food Allergy & Anaphylaxis Network Web site at www.foodallergy.org and the Q&A by Dr. Michael C. Young on the ARTHUR Web site at pbskidsgo.org/arthur. (Go to the “Parents & Teachers” section, click “Lesson Plans,” then click “Hooray for Health.”)

Classroom Activities

Watch and discuss “Binky Goes Nuts.” Ask children:

- *What happens to Binky if he eats peanuts or nuts?*
- *At the grocery store, what does Binky’s mom say they have to do before they buy any food product? Why?*
- *Binky feels better after talking with Jenna. What do the two friends have in common?*
- *Do you know people with food allergies? What are they allergic to? How can you be a good friend and help them stay safe?*

Puppet play. Have children use the Character Puppets (page 8) to act out scenes from “Binky Goes Nuts,” such as the doctor’s office, the grocery store, and Binky’s demonstration of the EpiPen® trainer. Encourage children to create new original scenes. For example, Jenna goes to the doctor to learn about her milk allergy or Binky explains to Arthur how to be a good PAL (see the “Be a PAL” activity below).

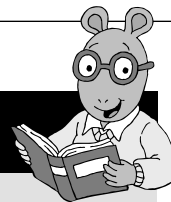
Guest speakers and family connections. Invite the school nurse or the parent of a child with food allergies to talk about allergies and how students and staff can work together to make the classroom a safe, comfortable place for all kids, including those with allergies. Use the Peanut Allergies by Binky activity sheet (pages 4–5) before, during, or after the visit. Encourage children to take the activity sheet and Tips for Families (page 6) home to share with their families.

Be a PAL. Discuss the “How to Be a PAL” rules below. Invite kids to practice each rule with a skit. Ask: “What would you say and do?” Then distribute the “How to Be a PAL” licenses (page 7, English and Spanish).

- 1. Don’t eat foods with peanuts around friends who have peanut allergies.**
SKIT: Binky and his friends are playing basketball. Some kids eating granola bars come over to join the game. (HINT: The kids eating granola bars might have bits of peanuts on their hands. When they touch the ball, the bits of peanuts could get on the ball and then onto Binky’s hands. Things on your hands can easily get in your mouth or eyes. For Binky, that could be dangerous.)
- 2. Don’t share food.**
SKIT: Arthur brings in some candy to share with his friends.
- 3. Wash your hands after you eat.**
SKIT: As they get up from the lunch table, some of Binky’s friends ask him if he wants to arm wrestle. (See the HINT in Role Play #1.)
- 4. Say “no” to teasing and tricks. Food allergies are serious.**
SKIT: Binky and his friends are walking home. A kid starts teasing Binky, “Ooo, Binky, this peanut butter cracker is going to get you!”
- 5. If your friend has an allergic reaction, tell a grown-up immediately.**
SKIT: Binky says his mouth feels itchy and he’s having trouble breathing.

Peanut-free posters. What rules do kids have to follow to eat at a peanut-free table? Discuss the scene in “Binky Goes Nuts” or read *A Special Day at School* by Anne Muñoz-Furlong, then create posters.

Read All About It



Kim Goes to Camp by Marguerite M. Furlong

No Lobster, Please! by Robyn Rogers

The Peanut Butter Jam by Elizabeth Sussman Nassau

A Special Day at School by Anne Muñoz-Furlong

FOR TEACHERS AND PARENTS

The Peanut Allergy Answer Book by Michael C. Young, M.D.

Stories from Parents’ Hearts written by members of FAAN



Binky Goes Nuts

Binky discovers that he’s allergic to peanuts. Will he be forced to live without Chinese food? Will he be able to eat with his friends? And most importantly, will his mom ever calm down? Binky learns that the best way not to go nuts is to be well informed and to understand his allergy.

You may tape the ARTHUR episode “Binky Goes Nuts” off the air and use it for educational purposes for up to one year after broadcast. For local air dates and times, go to the TV Schedule at pbskidsgo.org/arthur/parentsteachers

This guide was produced by the Educational Outreach department of WGBH.

MEDICAL ADVISOR

Wesley Burks, M.D., Pediatric Allergy and Immunology, Duke University Medical Center

ADVISORY BOARD

Ruth M. Brannigan, Teacher and Special Consultant to NEA Health Information Network

Cindy Jones, Special Projects Coordinator, National Head Start Association

Eileen Sexton, Director of Communications, The Food Allergy & Anaphylaxis Network

© 2005 WGBH Educational Foundation. All rights reserved. All characters and underlying materials (including artwork) copyright by Marc Brown, Arthur, D.W., and the other Marc Brown characters are trademarks of Marc Brown. All third party trademarks are the property of their respective owners. Used with permission.

The contents of this guide were supported under the Ready To Learn Television Program, P/R Award Number R295A00002, as administered by the Office of Innovation and Improvement, U.S. Department of Education. However, the contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

Peanut Allergies

by Binky

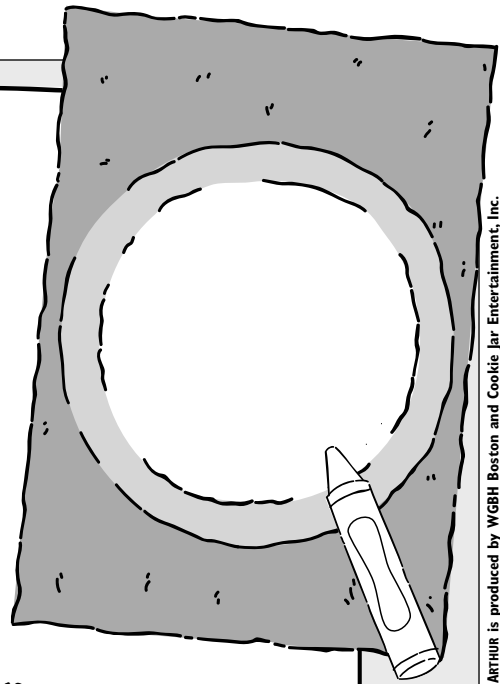


1 I'm allergic to peanuts. If I eat anything with peanuts in it, I get very sick. So I always read food labels really carefully!

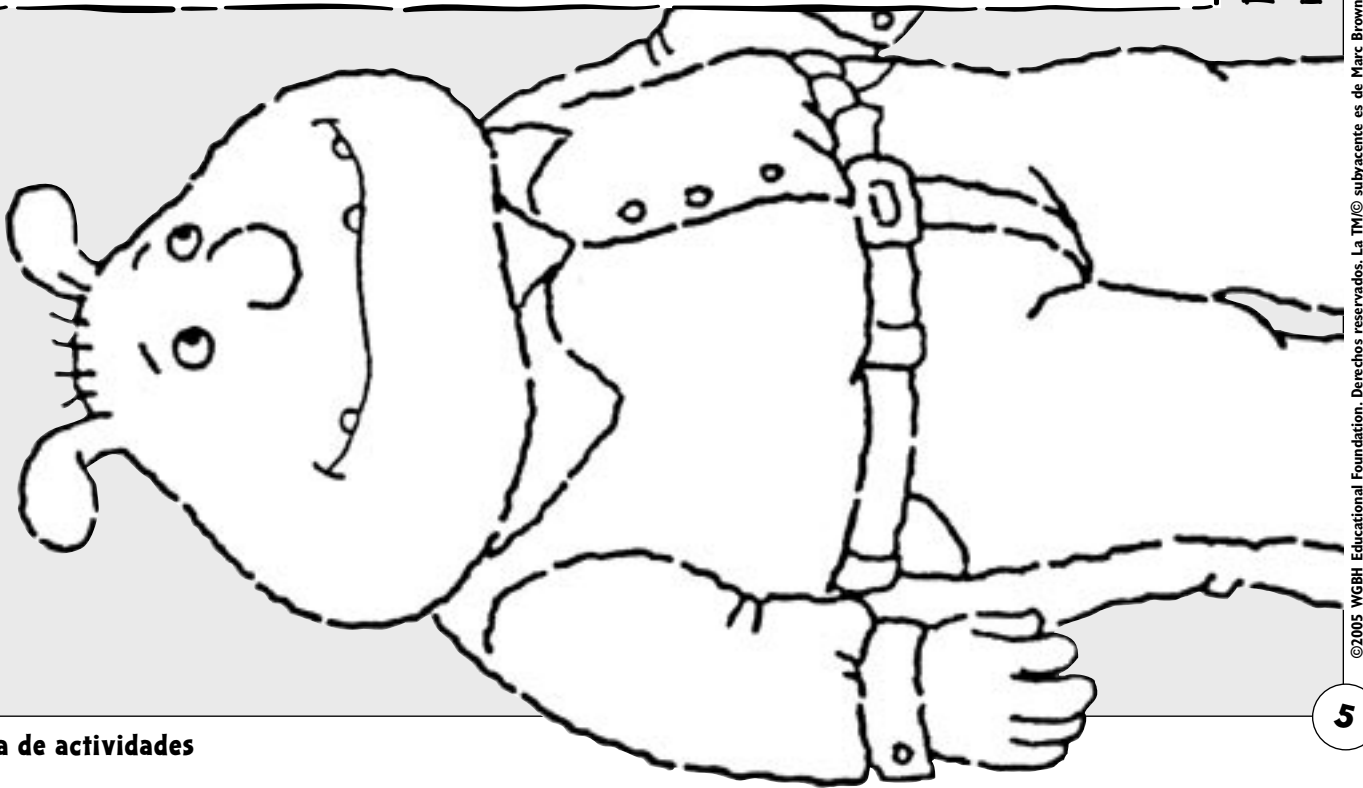
2 To be safe, I bring my own food to school. When my friends pack peanut-free lunches, they can eat at the peanut-free table with me.

3 I'm a tough kid, but even tough kids need help from their pals. My friends wash their hands after they eat, help me watch out for peanuts, and know how to get help if I need it.

4 I'm still the same old Binky. I just know a whole lot about peanut allergies now. That's good, because the more you know, the easier it is to stay safe and get back to having fun.



Draw a peanut-free snack.



Las alergias a los cacahuetes de Binky

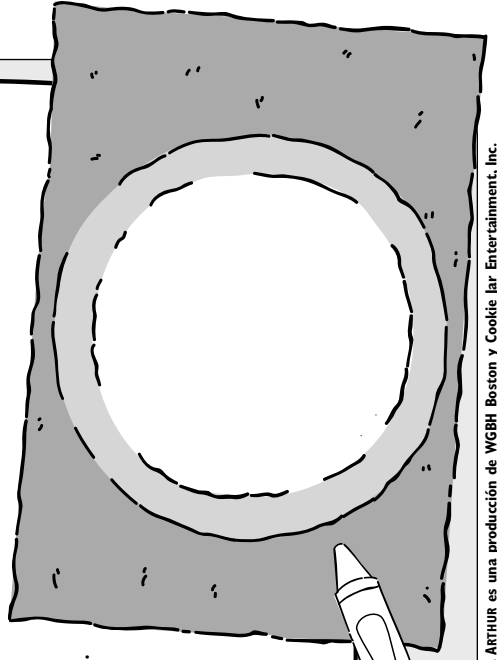


1 Soy alérgico a los cacahuetes (algunos los llaman maní). Si como algo que tenga cacahuetes, me pongo muy enfermo. Por eso siempre leo con cuidado las etiquetas de los alimentos.

2 Por precaución, llevo mi comida a la escuela. Cuando mis amigos llevan un almuerzo que no tiene cacahuetes, podemos comer todos juntos en la misma mesa.

3 Soy un niño fuerte, pero hasta los más fuertes necesitamos ayuda de nuestros amigos. Mis amigos me ayudan a cuidarme de los cacahuetes. Se lavan las manos después de comer y saben cómo buscar ayuda si la necesito.

4 Soy el mismo Binky de siempre. Lo único es que ahora sé mucho más sobre las alergias a los cacahuetes. Y eso es bueno porque al saber más, es más fácil tener cuidado y poder pasarla bien.



Dibuja una comida que no tenga cacahuetes.

Peanut Allergies

Tips for Families

Our class has been learning about peanut allergies. Peanut allergies are serious because reactions to a tiny amount of peanuts can be very severe.

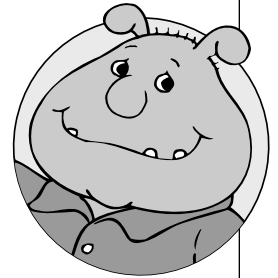
As your child has learned, kids with peanut allergies are just like other kids, with one important difference. They have to avoid contact with all peanut products. Peanuts are often a hidden ingredient in foods like crackers, cookies, chili, and chocolates.

If your child has a friend with peanut allergies, try packing a lunch without peanut products so the two of them can eat lunch together at school.

If your child wants to invite the friend over to play, that's great!

Here are some tips for making the visit safe and comfortable.

- Talk with the friend's family about how to avoid an allergic reaction.
- Get written directions on what to do if the child has an allergic reaction.
- Ask for a phone number that you can call if questions come up.



©2005 WGBH Educational Foundation. All rights reserved. Underlying TM/© Marc Brown. Permission is granted for reproduction of this printed material for educational use only. ARTHUR is produced by WGBH Boston and Cookie Jar Entertainment, Inc.

Las alergias a los cacahuetes

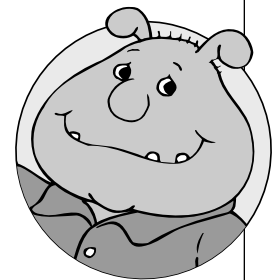
Consejos para las familias

En clase estudiamos las alergias a los cacahuetes o al maní. Se trata de alergias muy importantes pues la reacción a una cantidad diminuta de cacahuetes puede ser muy grave.

Los estudiantes aprendieron que los niños con alergias a los cacahuetes son iguales a los demás niños, con una sola diferencia importante: tienen que evitar todo contacto con productos que tengan cacahuetes. Los cacahuetes a menudo son un ingrediente oculto en comidas como galletas, chili y chocolates.

Si su niño tiene un amigo alérgico a los cacahuetes y usted puede empacarle un almuerzo que no contenga cacahuetes, ambos podrán almorzar juntos en la escuela. Si su niño quiere invitar a ese amigo a jugar, no se preocupe. He aquí varios consejos para garantizar la seguridad y comodidad de todos.

- Hable con la familia del amigo acerca de cómo evitar los problemas de la alergia a los cacahuetes.
- Pida instrucciones escritas de qué hacer si el niño sufre una reacción alérgica.
- Pida un número telefónico al cual puede llamar si surge alguna pregunta.



©2005 WGBH Educational Foundation. Derechos reservados. La TM/© subyacente es de Marc Brown. Se autoriza la reproducción de este impreso exclusivamente para usos educativos. ARTHUR es una producción de WGBH Boston y Cookie Jar Entertainment, Inc.



*Adapted from The Food Allergy Program. Used with permission. Be a PAL: Protect A Life (PAL) & Anaphylaxis Network (FAN)

Protect A Life

Be a PAL!

How to Be a PAL



1. Don't eat foods with peanuts around friends with peanut allergies.



2. Don't share food.



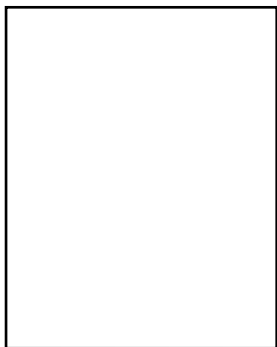
3. Wash your hands after you eat.



4. Food allergies are serious. Say "no" to teasing and tricks.



5. If your friend has an allergic reaction, tell a grown-up quickly.



Draw or paste your picture here.



Name: _____

©2005 WGBH Educational Foundation. All rights reserved. Underlying TM/© Marc Brown. Permission is granted for reproduction of this printed material for educational use only. ARTHUR is produced by WGBH Boston and Cookie Jar Entertainment, Inc.

← FOLD →



*Adaptado del programa The Food Allergy & Anaphylaxis Network (FAN) Be a PAL: Protect A Life (PAL). Uso autorizado.

Cómo Proteger al Amigo

¡Un buen COMPA!

Como ser Un buen COMPA



1. No comas nada que contenga cacahuets si estás con un amigo que es alérgico a los cacahuets.



2. No compartas alimentos.



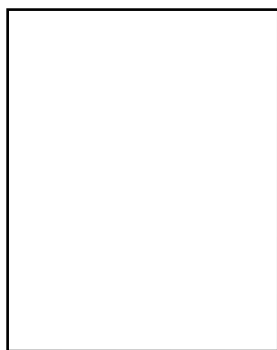
3. Lávate las manos después de comer.



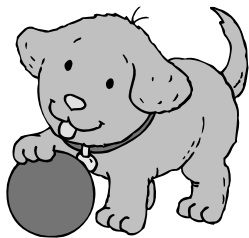
4. Las alergias a los cacahuets pueden ser graves. No te burles de quienes las padecen.



5. Si tu amigo sufre una reacción alérgica, avísale de inmediato a un adulto.



Dibuja o pega tu foto aquí.



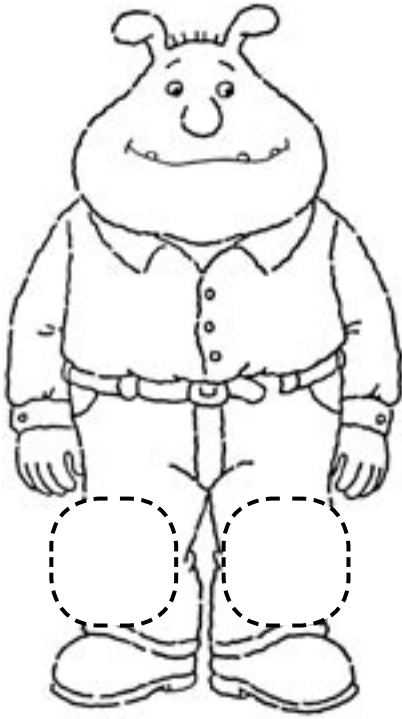
Nombre: _____

©2005 WGBH Educational Foundation. Derechos reservados. La TM/© subyacente es de Marc Brown. Se autoriza la reproducción de este impreso exclusivamente para usos educativos. ARTHUR es una producción de WGBH Boston y Cookie Jar Entertainment, Inc.

← PLEGAR AQUI! →

Character Puppets

Color and cut out the puppets. Option 1: Carefully cut out the holes. Put two fingers through the holes. Your fingers become the puppet's legs. Option 2: Tape the pictures to Popsicle sticks or rulers to make stick puppets.



©2005 WGBH Educational Foundation. All rights reserved. Underlying TM© Marc Brown. Permission is granted for reproduction of this printed material for educational use only. ARTHUR is produced by WGBH Boston and Cookie Jar Entertainment, Inc.