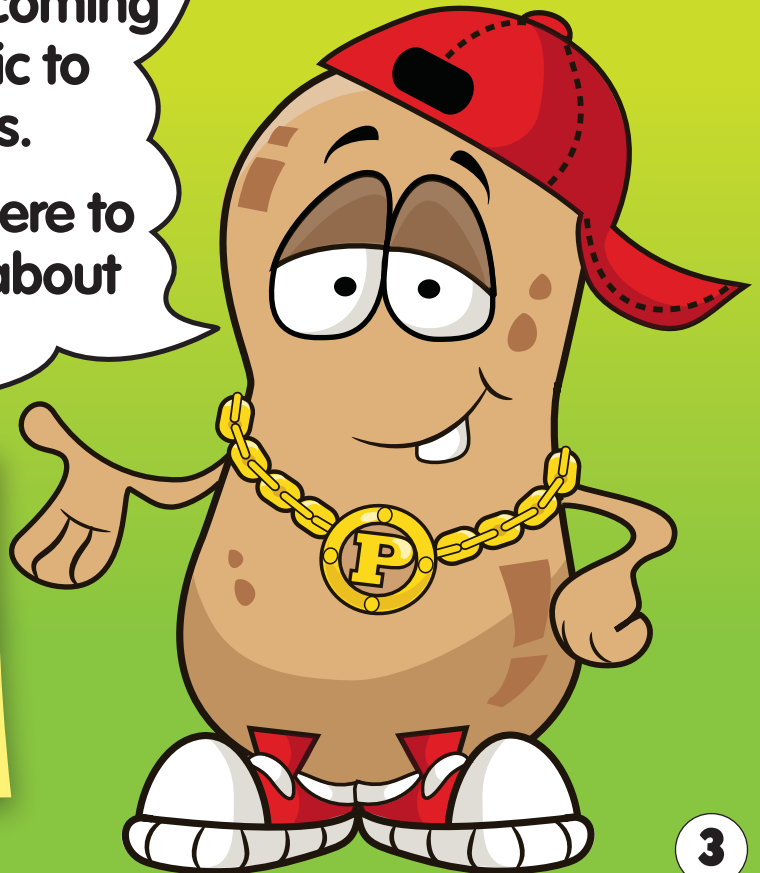


Hi my name is P. Nutty.

No one knows for sure why but more and more kids are becoming severely allergic to certain foods.

AllerMates are here to help you learn about allergies.

Name: **P.Nutty**
Occupation: Official Spokesperson for AllerMates.
Also moonlights as a D.J.

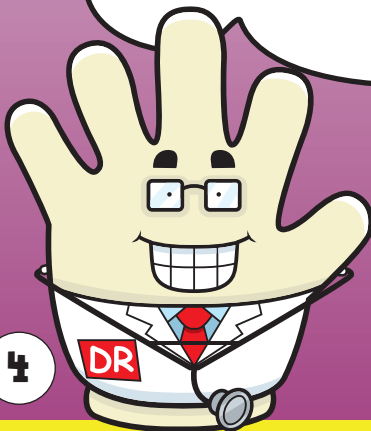


What is An Allergy?

An Allergy is nothing more than.....

A MISTAKE!

An allergy is what happens when your body or more specifically, your immune system, makes a MISTAKE and treats something that is supposed to be harmless to you (like peanuts or pollen) as though it is something that is really bad for you (like a virus or bacteria).



Name: **Dr. StrangeGlove**

Allergy: Latex

Occupation: Doctor and Radio Show Host

Hobbies: Getting expensive manicures

Professor Wheatley's Word Scramble



Wheat is one of the top eight food allergens and is a common "hidden" ingredient that shows up in tons of foods from soups to hot dogs.

Name: **Professor Wheatley**

Allergy: Wheat / Gluten

Hobbies: Stargazing and reciting the national anthem backwards

The words below are all foods that contain wheat. Some are obvious but some of them are not obvious. Help Professor Wheatley unscramble them.

1. **OHT GDO**

Hint: Goes well with a bun

2. **NNEDCA UOSP**

Hint: Needs to be opened with a can opener

3. **RBDEA**

Hint: Goes well with butter

4. **GNOBLOA**

Hint: Make a great sandwich

5. **PGIUSDMNLS**

Hint: Very popular in Chinese restaurants.

Crabby's True or False Quiz



Name: **Crabby**
Allergy: Shellfish
Occupation: Sanitation
Hobbies: Cooking spaghetti and playing cards

1. TRUE OR FALSE?

Only eight foods (peanuts, dairy, eggs, wheat, soy, tree nuts, fish and shellfish) account for 90% of all allergic reactions!

2. TRUE OR FALSE?

Right now there is no cure for allergies.

3. TRUE OR FALSE?

It's a nice gesture to share your snack or lunch with a kid who has food allergies, especially if they left theirs at home.

4. TRUE OR FALSE?

Kids with food allergies should keep it a secret and not let anyone know about their allergies.

Crabby's True or False Answers

1. TRUE

You can be allergic to any type of food but the ones listed are the most common ones.

3. False

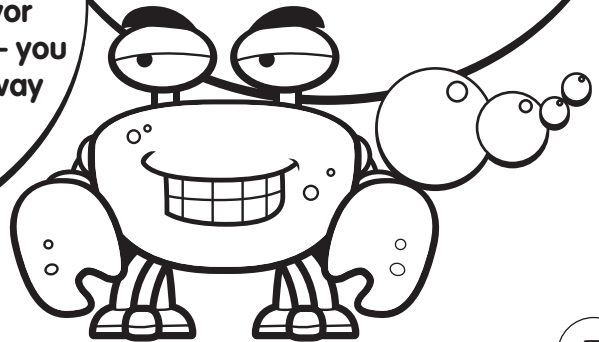
Don't share food with kids who have food allergies. You may think you're being nice and doing them a favor however the opposite can be true – you could be putting them in harms way by unintentionally giving them something that they are allergic to.

2. TRUE

Doctors and scientists are working on a cure but as of right now – the only way to prevent yourself from having an allergic reaction is to AVOID the foods that you are allergic to.

4. False

Kids with allergies should let everyone know about their allergies. Teachers, care-givers, friends and classmates can all serve as guardian angels when it comes to helping kids with allergies avoid their allergens.



Crabby
Shellfish Allergy

It's a Nutty World Out There



He nuts. She nuts.
We are the tree nuts.
We don't grow from the ground
Like our friends the peanuts.
A walnut. An almond.
A pistachio too...
If you are allergic to us
We're cuckoo for you!

More than any other
food allergen, peanuts
and tree nuts are known
to cause severe allergic
reactions in kids.



P. Nutty's WORD SEARCH

Help P. Nutty find all
the words in the puzzle?

P. Nutty's Peanut Allergy Fact:

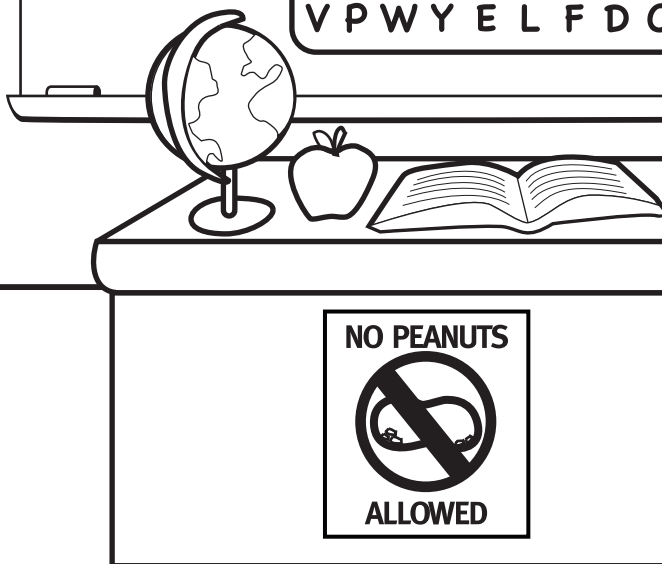
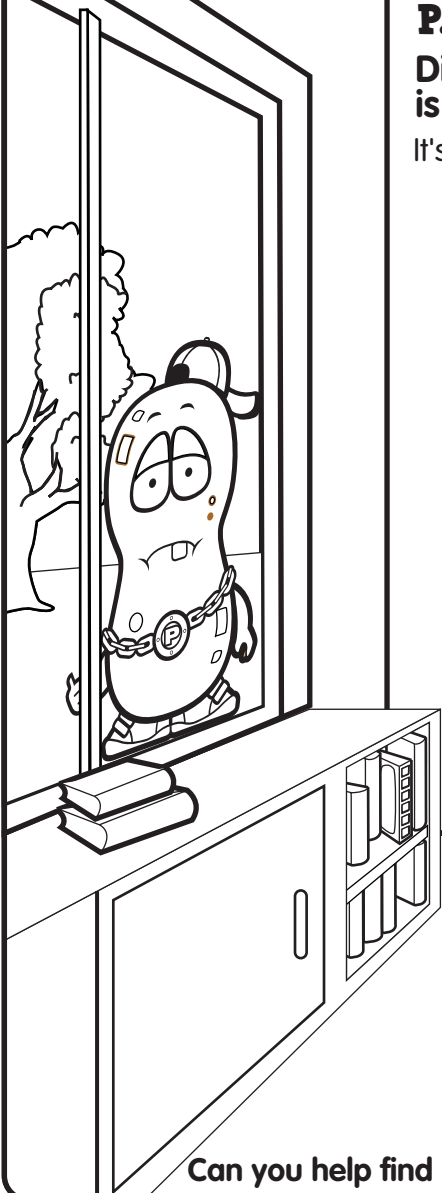
Did you know that a peanut
is not really a nut?

It's a legume from the bean family.

Can you find
all the words
in this puzzle?

PEANUT
ALLERGY
SAFETY
PNUTTY
LEGUME

C	P	E	P	N	U	T	T	Y
S	D	L	O	U	Z	N	F	G
A	H	E	A	G	A	Z	D	P
F	L	G	L	E	T	R	Y	E
E	M	L	N	M	C	O	A	
T	T	M	E	P	F	P	E	N
Y	U	E	R	T	M	C	V	U
Z	F	U	G	U	J	A	V	T
V	P	W	Y	E	L	F	D	O



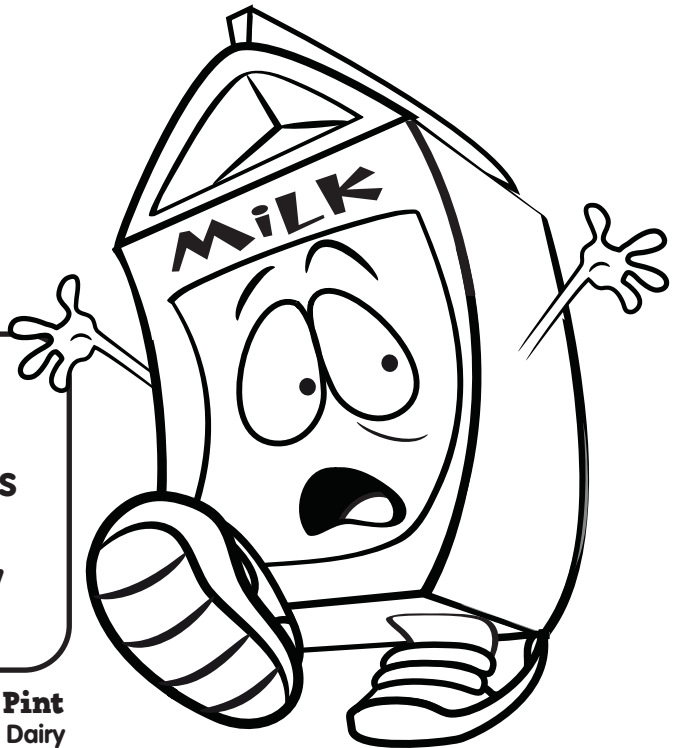
Can you help find P. Nutty's harmonica  hidden on this page?



Eggie
Egg Allergy

Some kids can't eat my yolk.
Some can't eat my white.
Some can't eat any part of me-
Nope. Nothing. Not even a bite.
There are many ways to be
allergic To an oval protein
like me. As *eggciting* as it
may seem. It's not all it's
cracked up to be.

Milk and eggs are the
most common food
allergies amongst babies
and toddlers. Most
kids eventually outgrow
these allergies.



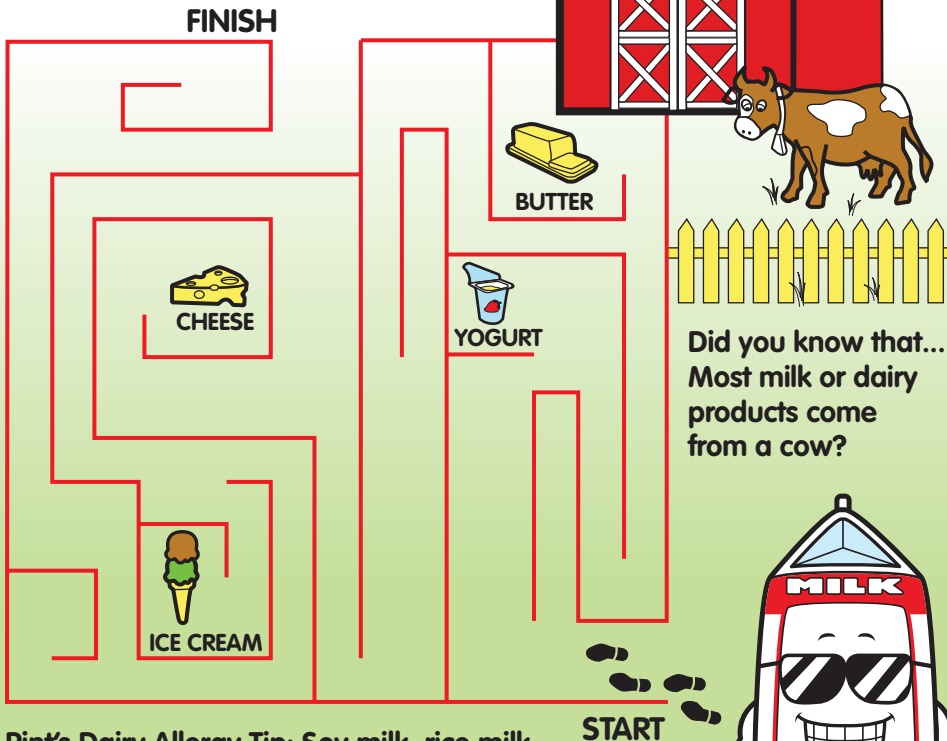
Pint
Dairy Allergy

Pint's Dairy Allergy Maze

Help Pint find his way to the farm, by making his way through the maze. Be careful not to run into any one of his many dairy disguises!



PINT



Did you know that...
Most milk or dairy
products come
from a cow?

Pint's Dairy Allergy Tip: Soy milk, rice milk, oat milk or even nut milk all taste a little different but are good substitutes to cow's milk.



START

EGGIE'S DINER MENU

SCRAMBLED EGGS	\$2	FRENCH TOAST.....	\$4
SUNNY SIDE UP EGGS.....	\$2	OATMEAL.....	\$3
VEGETABLE FRITTATA.....	\$3	FRUIT SALAD.....	\$2
CHEESE OMELETTE.....	\$3	SIDE OF BACON.....	\$4

CAN YOU FIND AND CIRCLE THE ITEMS IN THE MENU THAT DO NOT CONTAIN EGGS?

Hint: Look and see what's on the diner counter.

Name: **Eggie**

Allergy: Egg

Occupation: Short Order Cook

Hobbies: Cracking Jokes



Did you know that you can be allergic to egg whites or egg yolks or both?

Allergy Match Game

All of the facts below about allergies are different but true.
Draw a line connecting the facts that are related yet different from one another.
(The first one is already done for you).

Some kids only have one allergy

Some kids have only mild reactions to their allergies

Some kids have really severe, even life threatening reactions to their allergies

Some kids have multiple allergies

Some kids never outgrow their allergies

Some kids symptoms get milder as they grow older

Other kids symptoms get worse as they grow older

Some kids outgrow their allergies

Detective Fin Can Not Solve this mystery...

Why are Allergies on the Rise

Name:

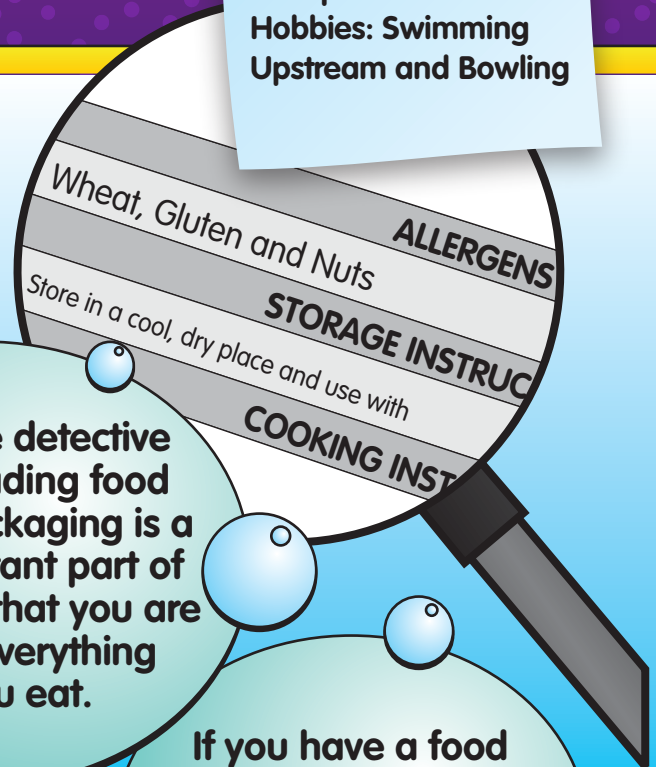
Detective Fin

Allergy: Fish

Occupation: Detective

Hobbies: Swimming

Upstream and Bowling



Doing some detective work by reading food labels on packaging is a really important part of making sure that you are aware of everything that you eat.

Currently there is no cure for allergies, the only way to prevent an allergic reaction is to AVOID what you are allergic to.

If you have a food allergy – knowing exactly what you are eating at all times is very important.