



Morning Announcements: Middle/High School

By Gina Mennett Lee, M.Ed.

Food Allergy Awareness Week is the second week in May. These morning announcements are a quick and easy way to help raise awareness at school.

Monday: This week is Food Allergy Awareness Week. Each day, we will be sharing information and facts about food allergies. Did you know that people can be allergic to anything? In fact, the top 8 allergens in the United States are: milk, egg, fish, shellfish, soy, wheat, peanuts, and tree nuts.

Tuesday: Did you know that food allergies can be life-threatening and that even a trace amount of an allergen can cause a reaction? That is why it is important for those with allergies to read labels and to know how food was prepared. It is also important for everyone to wash hands before and after eating.

Wednesday: If someone with a food allergy doesn't feel well. It is important to tell an adult immediately. Allergic reactions can be serious and need to be treated right away.

Thursday: If you have a friend or classmate with a food allergy, you can help. Help your friend avoid the foods they are allergic to. Encourage your friend to always have his medication with him.

Friday: People with food allergies are just like you. They want to be included in the fun. You have the power to make a difference. Be sure to include your classmates with food allergies in school and out of school. It's up to you!

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