



FOOD AND NUTRITION

“Learning about food allergies and intolerances”

Ref. 20555

Developed in collaboration with
the General Council of Dieticians-Nutritionists of Spain
(GCD-NS)



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LEARNING ABOUT FOOD ALLERGIES AND INTOLERANCES

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CONTENT:

The game is made of up 65 round cards made of thick, strong cardboard, which is hardwearing and high quality.

DESCRIPTION OF THE CONTENT

- ALLERGY CARDS: 8 double-sided cards. On the front there are the icons of the 8 most common food allergies and intolerances with a "forbidden" symbol. On the back of the cards there are illustrations with some of the symptoms that can be caused. Measurements: 9 cm in diameter.
- FOOD CARDS: 45 cards with real pictures of foods which include the symbols of the allergens that they may contain. Measurements of the cards: 7.5 cm in diameter.
- AMBULANCE CARDS: 12 cards with ambulances that are used as wildcards. Measurements: 7.5 cm in diameter.

RECOMMENDED AGE:

From 3 to 8 years.

LEARNING OBJECTIVES:

- o Discover the most common food allergies and intolerances.
- o Learn which foods can affect each type of allergy or intolerance.
- o Know the consequences and symptoms caused in a person who eats a food which contains an allergen or substance when they have a food allergy or intolerance.
- o Develop an attitude of understanding and respect towards people who have food allergies or intolerances.
- o Encourage observation and memory.

GAME:

Before starting the game it is necessary to give a brief explanation about food allergies and intolerances, what they are, how they affect people who have them (see Additional Information section).



Game option 1: Familiarisation with foods and intolerances/allergies

1. The 8 intolerance/allergy cards are placed in the middle (large cards with the forbidden symbol).
2. The foods containing the same icons are placed around each one of the cards. Explain that people who are allergic or have an intolerance to these foods cannot eat them because they get ill and the reaction upon eating them can even be fatal.
3. There are foods that can be associated with various intolerances or allergies (e.g. fruit yoghurt, we can associate it with milk or with fruit). Therefore, this card can be placed next to both intolerance/allergy cards: milk and fruit, and both associations are correct.
4. Next, the cards in the middle are turned over to show and discuss the different symptoms that the allergies/intolerances can cause.

This way of playing enables the association and familiarisation with the tolerances and allergies and the foods which cause them.

Game option 2: Be careful what you eat!

1. Explain the 8 intolerances/allergies which appear in the game and put some examples of the foods that people who have any of the 8 included cannot eat.
2. Each player is given a card with an intolerance/allergy with the forbidden symbol (large cards) and an ambulance. From now on, each player becomes intolerant or allergic to each of the foods which contain this substance for food.
3. The food cards and ambulances which are left over are put together, shuffled, and placed face down in a pile in the middle. The intolerance and allergy cards left over are put to one side (or they can be distributed between the players to increase the difficulty of the game).
4. One of the players, or an adult should be in charge of the game. The players can take turns to be the leader. The leader will be in charge of turning over the cards in the pile, one at a time.
5. Each player has to retrieve the card shown with the food before the rest of the players. But, be careful! They can't collect any foods to which they are allergic or intolerant.
 - a. If they retrieve a food which they can eat (it doesn't contain the icon of their intolerance), then they keep the card with this food on it.
 - b. If a player retrieves a food to which they are allergic or intolerant (it has the same icon as their intolerance card) they have to leave the food and their ambulance in the pile to be able to continue playing. During the game, they will try to get more ambulances.
 - c. If they get a food they can't eat again, and they have no ambulances left because they have lost them, they will turn over the card with their intolerance and they cannot continue to play until they get another



ambulance. When they turn over the intolerance/allergy card, they can show the symptoms that the allergy or intolerance has caused by eating the wrong food.

When they get another ambulance, they can continue to play again. They will turn over their intolerance/allergy card, showing their icon to the rest of the players.

6. The game finished when there are no more foods left in the pile in the middle.
7. The foods are counted, and the winner is the player who has the most food cards.

ADDITIONAL INFORMATION:

Food allergies and intolerances are adverse reactions caused by eating a food or any of its components, also called allergens. The cause of the reaction can be the food itself as is the case with fish or peanuts, and in other cases it is a food component such as lactose, which is the natural sugar in milk, and can be present in a food which naturally does not contain milk.

Difference between food allergy and food intolerance

Food allergies are adverse responses of the body when we are exposed to an allergen, a substance that in itself is harmless for non-allergic people. Whilst allergies imply a response from the immune system, in reactions from intolerance, this defence system does not intervene.

In allergies, the symptoms may affect the skin in the form of localised hives, itching, and inflammation; the respiratory system, with sneezing, a runny nose or difficulty breathing, and also the digestive system, with abdominal pains, nausea, vomiting or diarrhoea. In some serious cases, it can produce a reaction called “anaphylactic shock” which requires urgent treatment and can cause death within a few minutes. It is important to bear in mind that the same food allergen does not produce the same symptoms, or with the same intensity, in every person who suffers from this allergy.

On the other hand, **food intolerances** are adverse reactions that are produced after eating a certain food or food substance. In this case, the immune system is not involved in the reactions. The intolerances occur when the body cannot digest a food or one of its components correctly. The symptoms are usually digestive in character such as diarrhoea, vomiting, or abdominal pain. Intolerances are characterised by being more difficult to detect than allergies since they can be produced from 30 minutes up to two hours after eating the food. In contrast, the effects of allergies are produced immediately after eating or being in contact with the allergen.

Since December 2014, it is mandatory in the European Union to notify of the presence of allergens both in packaged foods as well as that served in restaurants or canteens. In the latter, the information must be accessible to customers through notes on the menu or



through the staff themselves.

The 14 allergens which have to be notified are:

1. Cereals with gluten.
2. Shellfish and derivatives.
3. Eggs and derivatives.
4. Fish and derivatives
5. Peanuts and derivatives.
6. Soy and derivatives.
7. Milk and its derivatives (including lactose).
8. Dried fruit.
9. Celery and derivatives.
10. Mustard and derivatives.
11. Sesame seeds and derivatives
12. Sulphites – food additive
13. Lupins and derivatives.
14. Molluscs and derivatives.

The intolerances or allergies used in the game are:

- | | | | |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|------------|
|  | 1. Gluten |  | 5. Fruit |
|  | 2. Fish |  | 6. Milk |
|  | 3. Egg |  | 7. Seafood |
|  | 4. Nuts |  | 8. Peanut |

Gluten, fish, egg, nuts, milk and peanuts are notifiable in the foods that may contain them. This game also includes fruit allergy because of its numbers of population affected, although it is not a notifiable food since its presence is low in processed foods, they are generally acquired fresh, without labels and are identified easily by consumers.

In the game, the allergies and intolerances related to each food respond to the probability and frequency that said food contains this substance or allergen.

Before consuming any packaged food, reading the label of the product is always recommended or checking with the professionals of the establishment where the food is eaten that the food does not contain the allergen. THE KEY PREMISE IN ALL CASES IS THAT, WHEN IN DOUBT, THE FOOD SHOULD NOT BE EATEN.

