Haslingden High School
Design and Technology Faculty
–
Food & Nutrition
HOMEWORK BOOKLET
Year 7

Name: _____ Form: _____

Subject Teacher: _____

Date Given: _____Date to Hand in:_____

Effort		House Points:

WWW:

IOTI:

Parent / Guardian Comment:

Food Allergies

About 2% of the population suffer from some form of food intolerance or allergy, and around one in twelve children. Severe life-threatening allergic reactions are rare, but they probably cause more deaths than allergic reactions to insect bites.

A food allergy is when the immune system experiences an adverse reaction to specific proteins found in food.

Symptoms of a food allergy can range from moderate, such as tingling in the mouth and a skin rash, to life threatening, such as a severe swelling of the throat that makes it difficult to breathe. A life-threatening allergic reaction is known as anaphylaxis.

Food allergy to soya – The reactions associated with this allergy include eczema, asthma and diarrhoea.

Peanut and nut allergies – Certain foods can cause **anaphylaxis**, or **anaphylactic shock** which is very serious and potentially fatal. It can occur within seconds of eating nuts.

Fish and Shellfish – This may cause a nettle rash, but can also cause anaphylactic shocks.

Most children will 'outgrow' food allergies to milk, eggs, soya and wheat by the time that they start school.

Peanut allergies are usually more persistent. An estimated 80% of children with peanut allergies remain allergic to peanuts for the rest of their life.

Food allergies that develop during, are first noticed in or persist into adulthood are likely to be lifelong allergies.

There is no cure for food allergies. Treatment involves identifying the specific food that triggers the allergic reaction and then avoiding it.

Food Intolerance

Food allergies are common, but they are not as widespread as many people think.

The reason why many people may claim to have a food allergy is that they mistake an intolerance to certain types of food (which does not involve the immune system) for a food allergy (which does).

Milk intolerance – There are 2 main types of reaction to milk: milk protein allergy and milk sugar (lactose) intolerance.

Milk protein allergy – A small number of people experience unpleasant symptoms after consuming cows' milk protein. However, it is mainly common in babies and young children, who do eventually grow out of it.

Lactose intolerance – People with lactose intolerance cannot digest the milk sugar, lactose. Symptoms include cramps, diarrhoea and wind after eating milky products.

Coeliac disease – People with coeliac disease are unable to eat products made from **wheat, barley, oats** or **rye** as they are sensitive to gluten, the protein found in these cereals. This is because the lining of the small intestine is damaged by gluten. Children who suffer from coeliac disease do not grow properly. The condition can be treated by removing all foods containing wheat flour, oats, rye or barley from the diet. Gluten free products are available. People are insensitive to the whole grain of wheat and suffer from asthma, itchy skin and sometimes diarrhoea.

Egg intolerance – This can produce eczema and a rash.

Task One – Research

a) Design a poster highlighting the issues surrounding food allergies and intolerances. (Grade 1)
b) You could add a web address for further information along with statistics and relevant guidelines.. (Grade 2)
c) Produce a leaflet instead of a poster that includes higher levels of specific detail regarding food allergies and intolerances. (Grade 3)

- **Your poster or leaflet must be no bigger than A4.**
- **It should be bright and colourful.**
- **It should contain an equal mix of pictures and written information.**
- **It can be done using ICT – such as Word or Publisher, or by hand – showing a development of your graphical skills.**

Draw or stick your poster or leaflet on this page.
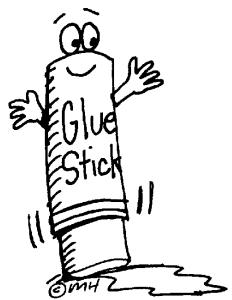
Task Two – Investigation

a) Choose one of the food allergies or intolerances and identify 5 separate foods that contain ingredients that may cause an adverse reaction. (Grade 1)

b) Present this information in a table with different headings to show the different types of food. (Grade 2)

c) Give suggestions of possible alternatives that somebody could use, which would not cause them an allergic reaction. (Grade 3)

> **You can just bullet point your foods that you have identified.**
> **You can either draw your table out neatly by hand or use Word and complete a table using ICT skills.**
> **Research into possible alternatives using various websites and books**

Complete your investigation task on this page, or stick in your printout if using ICT.

Task Three – Analysis

a) Identify 1 food item that has been specifically designed so that somebody with a food allergy or intolerance can still enjoy. (Grade 1)

b) Explain what it is made from instead so that is does not contain the problematic ingredient. (Grade 2)

c) Carry out a taste test of this product and present your results clearly, explaining why you have made the decisions that you have. (Grade 3)

> **You can just bullet point your foods that you have identified.**
> **Research into how different food allergies and intolerances using http://www.nhs.uk/livewell/allergies/pages/foodallergy.aspx**

Complete your analysis task on this page, or stick in your printout if using ICT.
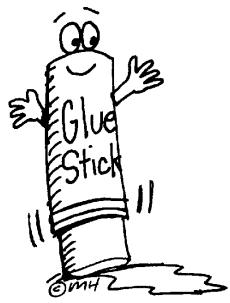
Task Four - Self Assessment

Spend some time thinking about the tasks you have completed reflecting n your strengths and weaknesses. Tick the box that most applies to you and total up your score.

1 = Much more improvement needed
5 = Excellent

I spent appropriate time on the work	
I have attempted all the tasks to the best of my ability	
I planned my work carefully and spread the tasks out over the week	
I asked for help	
I checked my work carefully before handing it in	
Total Score	

What part did you enjoy completing the most and why?

_____
_____
_____
_____

Describe one thing you could do in the future that would improve the quality of your work.

_____
_____
_____
_____

Describe one thing that you have done that you are pleased with in this booklet.

_____
_____
_____