Welcome to CCEI119

This course provides an overview of food allergies and basic safety principles to implement in the early care setting.

Course Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify recommended information to include in a child’s medical file
- Identify the Eight Major Food Allergens
- Define contact sensitive and airborne sensitive as they related to food allergies
- Identify strict avoidance as the only effective way to prevent allergic reactions
- Identify causes of cross contamination as it relates to food allergens
- Identify proper policies and procedures for storing foods at the program
- Identify causes of non-typical contact with allergens
- Identify safe practices for staff, children, and parents to follow in order to minimize the risk of allergic reactions
- Identify signs, symptoms, and recommended medical procedures for responding to allergic reactions

References:


Centers for Disease Control and Prevention (2017). Website: http://www.cdc.gov


Program Policies and Procedures

Director’s responsibility:

Medical file for each child

Parent handbook
Food Allergy Basics

Allergen:

Rising Food Allergy Rates
The Hygiene Theory:

Detection Bias Theory:

Eight major food allergens:

1.
2.
3.
4.
5.
6.
7.
8.

Food Allergen Sensitivity

Contact sensitive:

Airborne sensitive:

Recommended Practices for Avoiding Accidental Exposure to Food Allergens
Strict Avoidance:
Cross contamination:

Food Labeling

Non-Typical Contact with Allergens in the Program

Allergens and Special School Events:

Maintaining an Allergen Safe Child Care Environment

Allergic Reactions

Anaphylaxis

Symptoms of an allergic reaction typically appear________________________ after a person has eaten or come in contact with the allergen.

The Signs of an Allergic Reaction

Symptoms of an allergic reaction include:

A child may describe an allergic reaction as:

A child may react by:
Treatment of Allergic Reactions

Epinephrine:

Emergency Procedures if a Child is Found Unresponsive