

# Using Snack Time For Nutrition Education

## Reflection #1

Participant Name: \_\_\_\_\_

Spend a few minutes reflecting and then recording your thoughts on the following statements:

- a. In my program, I present snack time ...**
- b. I introduce nutrition education through ...**
- c. I would like to know more about ... with regards to this subject.**

# Allergies Worksheet

1. In what time frame do most food allergies appear: \_\_\_\_\_
  
2. What are 6 symptoms for food allergies?
  - ❖ a.
  
  - ❖ b.
  
  - ❖ c.
  
  - ❖ d.
  
  - ❖ e.
  
  - ❖ f.
  
3. At what age is a child's immune system fully developed? \_\_\_\_\_
  
4. What is the #1 food allergy in children? \_\_\_\_\_
  
5. What percentage of American children are allergic to peanuts and peanut products?  
\_\_\_\_\_
  
6. Name 1 contact for additional information regarding food allergies: \_\_\_\_\_  
\_\_\_\_\_