

# THE MYSTERY OF SCHOOL ISLAND

## TEACHER'S GUIDE

For Years 6 and 7



ALLERGY  
**250K**<sup>®</sup>

Solve a mystery that could save a life.

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**Ready to play?**

Click the link or scan the QR code.  
[game.allergy250kteens.org.au](http://game.allergy250kteens.org.au)





# INTRODUCTION

Welcome to the Teacher's Guide for *The Mystery of School Island*. This online game is designed to transform the way Year 6 and 7 students understand food allergies, moving beyond rules towards a culture of collective responsibility and empathy.

## About the game

A student on School Island accidentally ate something he was allergic to... but what was it? And how did it happen? It's time for Kid Detective to get to work. Students will explore the island, find clues, talk to characters, and piece the mystery together.

# WHY YEARS 6 AND 7?

As students undergo the transition from the structured environment of primary school to the independence of high school, the social landscape shifts. In primary school, teachers and parents often act as a safety net, more involved in monitoring students, their environments and what they eat. When it comes to allergies, teachers and parents continually remind students of the risks and dangers.

On the other hand, in high school teenagers with allergies often face a difficult time advocating for themselves in a more independent environment.

This game is designed to shift that burden. By educating the entire cohort, we ensure that the responsibility for safety doesn't rest solely on the shoulders of the student at risk. We are building a community who understand that being allergy-aware is a shared responsibility.



# LEARNING OBJECTIVES

Through engagement in the game play, students will explore the following critical concepts, which can be reinforced by the extra suggestions for activities provided in this resource.

## Intro

- **Myth-Busting:** Reinforcing that allergies are not infectious, you can't 'catch' an allergy.
- **Severity:** Allergies can be severe and life threatening.



## Chapter 1

- **The Big Nine:** Identifying the most common food allergens.
- **The Levels of Risk:** Distinguishing between a life-threatening food allergy, and food intolerance.

## Chapter 2

- **Emergency Response:** Recognising the symptoms of an allergic reaction including anaphylaxis, and knowing how to respond.
- **Never Share Foods:** Understanding the risks of sharing food in the school environment.

## Chapter 3

- **Reading Food Labels:** Developing the practical skill of reading food labels for food allergies.
- **Every Crumb Counts:** Understanding that even a small amount of an allergen can trigger a severe allergic reaction (anaphylaxis).

This resource also provides ideas on how to structure game play and extra activities to reinforce the learning objectives. In addition, links are provided to additional resources on Allergy 250K. These activities uphold the standards outlined in the Australian Professional Standards for Teachers (APST) of the Australian Institute for Teaching and School Leadership (AITSL). The game and associated activities are aligned to Version 9.0 of the Australian Curriculum, Victorian Curriculum Version 2.0 and NSW syllabuses.

# CURRICULUM ALIGNMENT

## Australian Curriculum Version 9.0

Subject	Years	Content Descriptor	Curriculum Alignment
Health & Physical Education	6	<b><u>AC9HP6P09</u></b> Investigate different sources and types of health information and how these apply to their own and others' health choices.	Students practice reading the fine print in food labels. This is not only relevant to allergies, but will expose students to reading food labels for other information, such as health.
Health & Physical Education	6	<b><u>AC9HP6P10</u></b> Analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities.	The game demonstrates how we can take actions to reduce the risk of allergic reactions.
Health & Physical Education	6	<b><u>AC9HP6P08</u></b> Analyse and rehearse protective behaviours and help-seeking strategies that can be used in a range of online and offline situations.	The purpose of the game is to reduce the burden on those with allergies, so everyone understands their collective responsibilities.
Health & Physical Education	7 & 8	<b><u>AC9HP8P10</u></b> Plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing.	The purpose of the game is to reduce the burden on those with allergies so everyone understands their collective responsibilities.
English	7	<b><u>AC9E7LA08</u></b> Investigate the role of vocabulary in building specialist and technical knowledge, including terms that have both everyday and technical meanings.	Students learn and correctly apply technical terminology such as 'anaphylaxis', 'allergen' and 'intolerance', to communicate clearly about health risks.

## NSW Syllabuses

Subject	Stage	Outcomes	Curriculum Alignment
Personal Development, Health and Physical Education	3	<b><u>PH3-IHW-01</u></b> Examines and explains factors that influence identity, health and wellbeing of individuals and groups.	The purpose of the game is to reduce the burden on those with allergies, so everyone understands their collective responsibilities.
English	3	<b><u>EN3-VOCAB-01</u></b> Extends Tier 2 and Tier 3 vocabulary through interacting, wide reading and writing, morphological analysis and generating precise definitions for specific contexts.	Students learn and correctly apply technical terminology such as 'anaphylaxis', 'allergen' and 'intolerance', to communicate clearly about health risks.
Personal Development, Health and Physical Education	4	<b><u>PH4-IPS-01</u></b> Investigates and uses health information, products and support services to propose strategies that enhance safety, health and wellbeing.	Students learn to properly prevent and respond to health risks for themselves and their peers.



## Victorian Curriculum 2.0

Subject	Level	Content Descriptor	Curriculum Alignment
Health and Physical Education	5 & 6	<b><u>VC2HP6P08</u></b> Explain and apply protective behaviours and help-seeking strategies that can be used in a range of online and offline situations at home, school and in the community.	The game demonstrates how we can take actions to reduce the risk of allergic reactions.
Health and Physical Education	5 & 6	<b><u>VC2HP6P09</u></b> Investigate different sources, quality and types of health information and how these apply to their own and others' health choices.	Students practice reading the fine print in food labels. This is not only relevant to allergies, but will expose students to reading food labels for other information, such as health.
Health and Physical Education	7 & 8	<b><u>VC2HP8P10</u></b> Plan and implement strategies, using health resources, to enhance their own and others' health, safety, relationships and wellbeing.	The purpose of the game is to reduce the burden on those with allergies, so everyone understands their collective responsibilities.



# HOW THIS GAME WAS DESIGNED

## 1. Fun, yet informative

We wanted to create a game that was fun to play but serious about learning. Every part of this resource was built with a specific teaching goal in mind.

## 2. Gameplay strategy

While set in a fantasy world, the game puts students in realistic situations and asks them to make a choice. This helps them practise real-life decision-making in a safe way.

## 3. Built for everyone

A major design choice was to make the game for all students in Years 6 and 7 in order to take the pressure off students with allergies.

## 4. Flexibility

The game can be played as individuals or as a class and can be supported by further Allergy 250K resources and activity ideas provided in this guide. We recommend playing this game as an end-to-end experience or dividing it into three separate lessons, with game play of approximately 20 minutes in each session and one of the activities provided on the following pages.



# KEY QUESTIONS TO CHECK FOR UNDERSTANDING DURING GAMEPLAY

1. What do you do if someone is having an allergic reaction?

**Answer:** If you see your friend feeling unwell, get help from an adult as quickly as possible. If a person is having an allergic reaction they should not stand or walk, so it is better for you to go and get an adult who can come to them.



2. What is anaphylaxis?

**Answer:** Allergic reactions can be mild to moderate, or severe. Anaphylaxis is the most severe type of allergic reaction and is life-threatening.

3. If a friend has a peanut allergy and sits next to you, can you catch their allergy like you catch a cold or the flu? Why or why not?

**Answer:** A cold or flu are viruses which are infectious through coughing and sneezing. Even though developing an allergy involves the immune system and an allergic reaction is an immune system response, allergies and allergic reactions are not infectious.

4. Does every person with an allergy have the exact same reaction? What is the word we use for the most dangerous, life-threatening type of reaction?

**Answer:** People with allergies can be allergic to different things. The signs and symptoms they have when they have an allergic reaction can also be different.

Anaphylaxis is the word we use for the most dangerous, life-threatening type of reaction. Anaphylaxis is a medical emergency.

5. Can you name at least five of the Big Nine common food allergens?

**Answer:** The most common food allergens are milk (dairy), egg, peanut, tree nuts (almond, cashew, pistachio, walnut, pecan, Brazil nut, hazelnut, pine nut, macadamia), sesame, soy, fish, wheat, and shellfish (crustaceans and molluscs).

While these are the most common allergy causing foods, a person can be allergic to any food.

6. What is the difference between crustaceans and molluscs?

**Answer:** Crustaceans and molluscs are different families in the shellfish food group. Crustaceans include prawns, crabs, crayfish, langoustine and lobster. Molluscs include bivalves (like mussels, oysters, scallops and clams), gastropods (limpets, periwinkles, snails) and cephalopods (including squid, cuttlefish and octopus).

7. If a classmate's lips start swelling or they say their throat feels 'tight' after lunch, what should you do immediately?

**Answer:** If your friend says they don't feel well or if they don't look well, leave them where they are, tell them to sit down or lay down, and get help from an adult as quickly as possible.

8. Why is sharing food dangerous when it comes to allergies?

**Answer:** It is not always easy to know what ingredients are in food, particularly if it is not a packaged food, as foods can look similar but have different ingredients. People with food allergies should eat the food prepared for them as it has been prepared with their food allergies in mind.

9. Why is it important to read the entire ingredient list on all food packets?

**Answer:** The ingredient list on packaged food must list all the ingredients used to make the food. The manufacturer of the food must also state if any common food allergens are an ingredient in the food.

Sometimes ingredients and manufacturing processes can change, which is why it is important to read the food label every time, even if you have eaten the food before.

- 10.** If a label says 'May contain traces of milk', is that food safe for a student with a severe milk allergy to eat? Why is that warning there?

**Answer:** Statements such as 'may contain' are voluntary and not required by law on a label. Adding these statements is a manufacturer's way of communicating that there may have been contamination with the food allergen when making the food.

It is the manufacturer's way of communicating that there is a risk and if the person has an allergy to that particular food allergen, in this case, milk, then they should not eat that food.

- 11.** What information relating to food allergies, does a food label contain?

**Answer:** In Australia, food labels must display the most common food allergens on packaging if they are used as an ingredient. The common food allergens must be listed in bold font, and there must be a summary allergen 'contains' statement next to the ingredient list.

The name of the specific tree nut (almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pine nut, pistachio and walnut) must be included in the ingredients list and summary allergen statement. The word 'tree nut' is not allowed. This helps people who are not allergic to all tree nuts.

Fish, crustacean and mollusc must be shown as separate allergens in both the ingredients list and summary 'contains' statement. This helps people who are only allergic to one type of seafood.



# RESOURCE LINKS

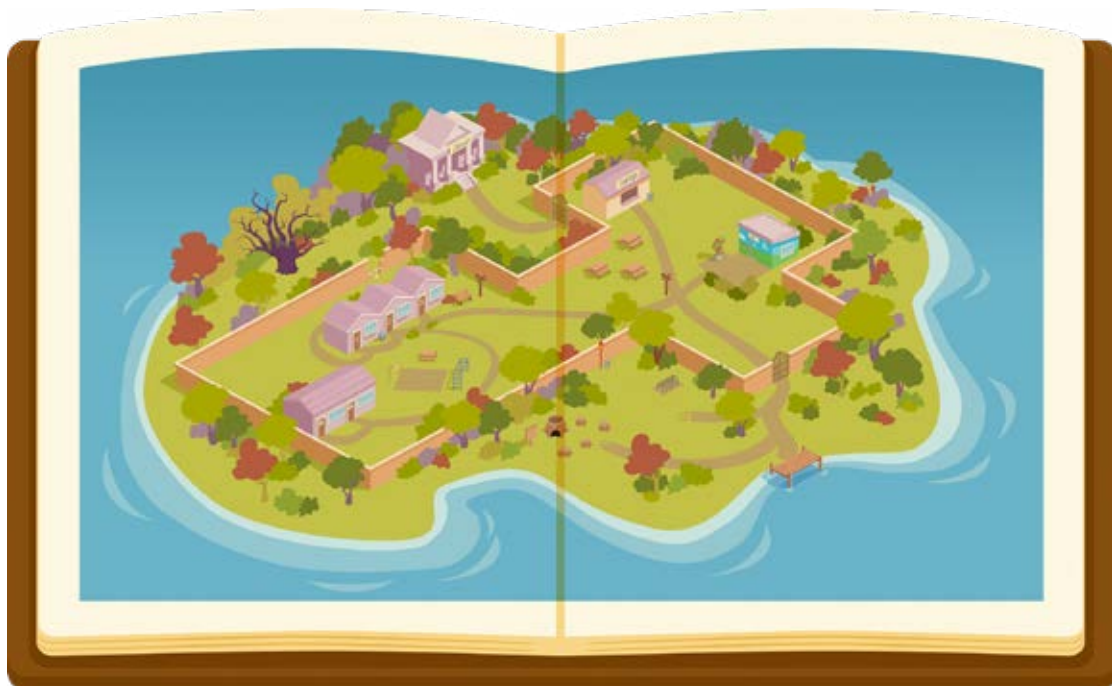


## About Allergy 250K

Allergy 250K is a resource for school-aged teens living with severe allergy.

[allergy250kteens.org.au](http://allergy250kteens.org.au)

ALLERGY  
**250K**<sup>®</sup>



## Contact us

If you have any questions, comments, or feedback about *The Mystery of School Island* we'd love to hear from you. Please email us anytime.

[info@nationalallergy.org.au](mailto:info@nationalallergy.org.au)

# RESOURCE LINKS: INTRO CHAPTER



## How allergies work animation

This short animation provides a simple explanation about how we develop allergies, and also what happens in our body to cause symptoms of an allergic reaction.

[allergy250kteens.org.au/how-allergies-work](http://allergy250kteens.org.au/how-allergies-work)



## Signs and symptoms

This webpage provides information about the signs and symptoms of an allergic reaction including a severe allergic reaction, known as anaphylaxis. It also includes information about what position the person experiencing anaphylaxis should be in.

[allergy250kteens.org.au/signs-and-symptoms](http://allergy250kteens.org.au/signs-and-symptoms)



## Using adrenaline devices

This webpage provides information about what position a person having anaphylaxis should be in, the types of adrenaline devices available in Australia and how to use them. Information about what to do once an adrenaline advice has been administered as well as information about carrying adrenaline devices.

[allergy250kteens.org.au/using-your-adrenaline-device](http://allergy250kteens.org.au/using-your-adrenaline-device)

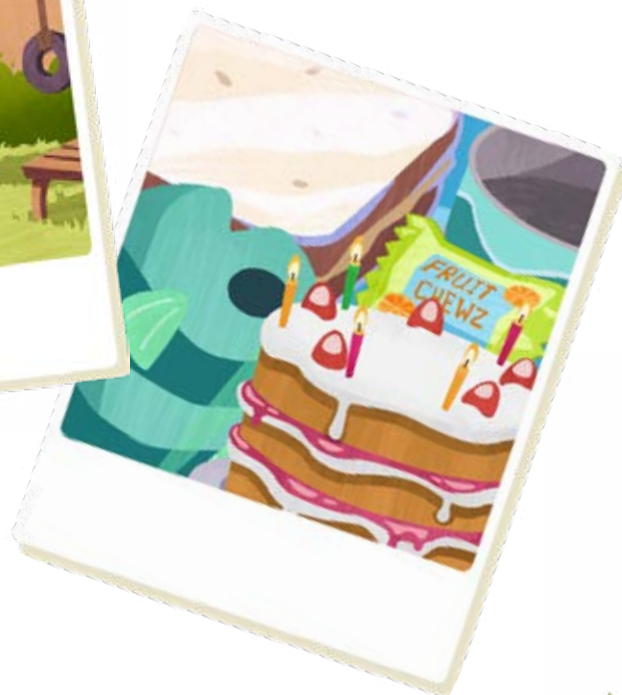
# RESOURCE LINKS: CHAPTER 1



## Food allergy basics

This webpage provides all the basics – what is a food allergy and how common is it, as well as information about the most common food allergens. It also explains the difference between a food allergy and a food intolerance.

[allergy250kteens.org.au/food-allergy-basics](http://allergy250kteens.org.au/food-allergy-basics)



# RESOURCE LINKS: CHAPTER 2



## Signs and symptoms

This webpage provides information about the signs and symptoms of an allergic reaction including a severe allergic reaction, known as anaphylaxis. It also includes information about what position the person experiencing anaphylaxis should be in.

[allergy250kteens.org.au/signs-and-symptoms](http://allergy250kteens.org.au/signs-and-symptoms)



## Using adrenaline devices

This webpage provides information about what position a person having anaphylaxis should be in and the types of adrenaline devices available in Australia and how to use them. Information about what to do once an adrenaline advice has been administered as well as information about carrying adrenaline devices.

[allergy250kteens.org.au/using-your-adrenaline-device](http://allergy250kteens.org.au/using-your-adrenaline-device)



## Food allergy basics

This webpage provides all the basics including information about why food should not be shared.

[allergy250kteens.org.au/food-allergy-basics](http://allergy250kteens.org.au/food-allergy-basics)

# RESOURCE LINKS: CHAPTER 3



## Food allergy and packaged foods

This webpage provides information about allergy information that must be provided on a food label in Australia. It includes an example of what the information should look like on a label. It provides information about 'may contain' statements and what they mean, including some short animations.

There is also information about the difference between wheat allergy and coeliac disease, as well as information about milk (dairy) allergy and lactose intolerance.

[allergy250kteens.org.au/food-allergy-and-packaged-foods](http://allergy250kteens.org.au/food-allergy-and-packaged-foods)



## Food allergy basics

This webpage provides all the basics. What food allergies are, how common they are and the signs and symptoms of a food allergy. It includes basic information about the common food allergens.

[allergy250kteens.org.au/food-allergy-basics](http://allergy250kteens.org.au/food-allergy-basics)

# ABOUT US



## About the National Allergy Council

The National Allergy Council is a partnership between the Australasian Society of Clinical Immunology and Allergy (ASCIA) and Allergy & Anaphylaxis Australia, Australia's peak medical and patient support organisations for allergic disease. Through our important projects we deliver a wide range of evidence-based public health initiatives, educational resources and training programs to help improve the lives of the eight million Australians living with allergy. We aim to reduce the impact of allergies on the Australian community and health system.

[nationalallergycouncil.org.au](http://nationalallergycouncil.org.au)



## About ASCIA

The Australasian Society of Clinical Immunology and Allergy (ASCIA) was established in 1990 as the peak professional body for clinical immunology and allergy in Australia and New Zealand. ASCIA's purpose is to advance the science and practice of allergy and clinical immunology, by promoting the highest standard of medical practice, training, education and research. ASCIA's social purpose is to improve the quality of life and health of people with allergic disease, inborn errors of immunity (including primary immunodeficiencies) and other immune system disorders.

[allergy.org.au](http://allergy.org.au)



## About Allergy & Anaphylaxis Australia

Allergy & Anaphylaxis Australia is a registered charity and Australia's only national patient support organisation, dedicated to helping individuals and carers alike in managing allergic disease. We strive to raise awareness of allergic conditions in the community by providing credible, evidence-based information, resources and services to support Australians with allergic disease and those who care for them.

### National Allergy Helpline

For advice or support from an Allergy Educator, Call 1300 728 000 or contact us online.

[allergyfacts.org.au](http://allergyfacts.org.au)

# THE MYSTERY OF SCHOOL ISLAND



**SUPPLEMENTARY  
ACTIVITY  
WORKSHEETS**

# THE SAFE-BITE PODCAST CHALLENGE



Create and record a 3-to-5 minute episode for the school radio station. Your mission is to move your listeners from 'Allergy Amateur' to 'Allergy Advocate'.

## The Brief

Your team is producing a special episode called 'Allergy Awareness'. You need to record an episode discussing **three** of the following themes:

1. Myth-Busting
2. The Big Nine Common Food Allergens
3. Food Allergy Versus Food Intolerance
4. First Aid for Anaphylaxis
5. Reading Food Labels



## Ideas

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# FOOD ALLERGY SAFETY POSTER



Create an eye-catching, informative poster that teaches your class that allergies are about more than just 'getting a rash', they are about how we live, eat, and look out for each other every day.

## The Brief

Your poster must be clear, easy to read from a distance, and include these **three essential elements**:

1. A clear title or slogan.
2. Clear instructions & information.
3. A powerful image.



## Ideas

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# THE MYSTERY OF SCHOOL ISLAND

## REINVENT FOOD LABELS



Design a new, kid-friendly allergy alert label for food packaging.

### The Brief

People with food allergies must carefully read ingredient lists on food labels to see if they contain their food allergen.

Your task is to design a kid-friendly allergy alert label that would sit right next to the ingredients list on a snack bar or cereal box.



### Ideas

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# THE MYSTERY OF SCHOOL ISLAND

[game.allergy250kteens.org.au](http://game.allergy250kteens.org.au)



This Allergy 250K education project is an initiative of the National Allergy Council, a partnership between Allergy & Anaphylaxis Australia and the Australasian Society of Clinical Immunology and Allergy (ASCIA).



national  
allergy  
council



ascia  
australasian society of  
clinical immunology and allergy

The National Allergy Council receives funding from the Australian Government Department of Health, Disability and Ageing.