



REDDIFORD DIGEST

FOOD GLORIOUS FOOD

MAY 2026

CONTENTS PAGE

Page 1: Healthy Foods (Brij 6S and Noya 6FC)

Page 9: Unhealthy Foods (Kiaan 4SH and Aarishan 5B)

Page 17: The Digestive System (Dylan 4SH and Waris 6S)

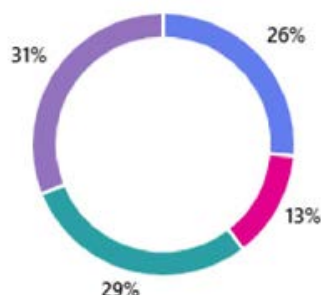
Page 26 : Drinks (Amaya 4SH)

Page 33: Allergies (Vivek 5B and Deyan 5DK)

Have you ever thought about what you eat? This magazine covers everything from the digestive system to allergies! Read on to find out more!



| | |
|----------|----|
| ● Year 3 | 28 |
| ● Year 4 | 14 |
| ● Year 5 | 31 |
| ● Year 6 | 33 |



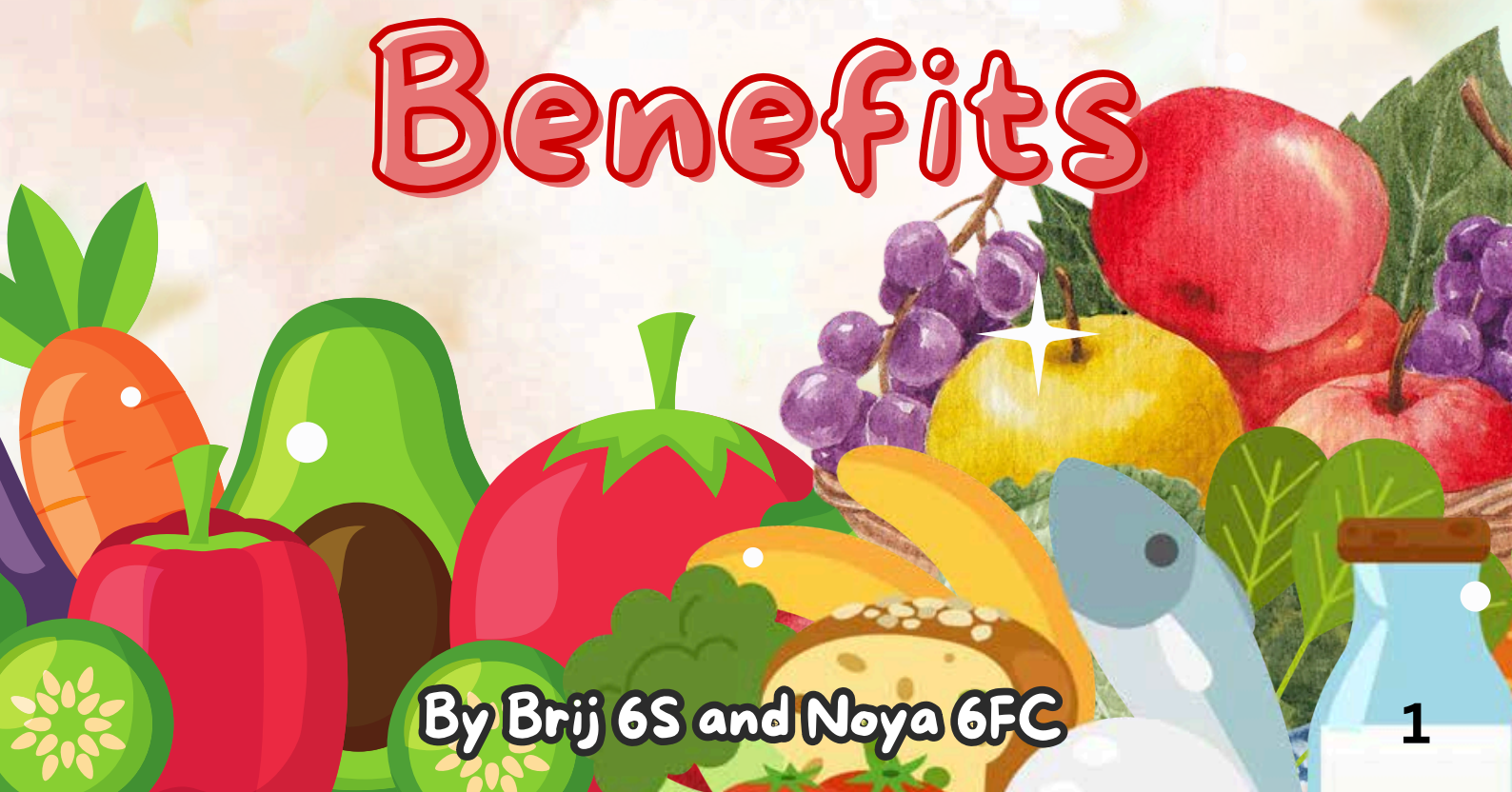


Healthy Foods

&

Their

Benefits



By Brij 6S and Noya 6FC

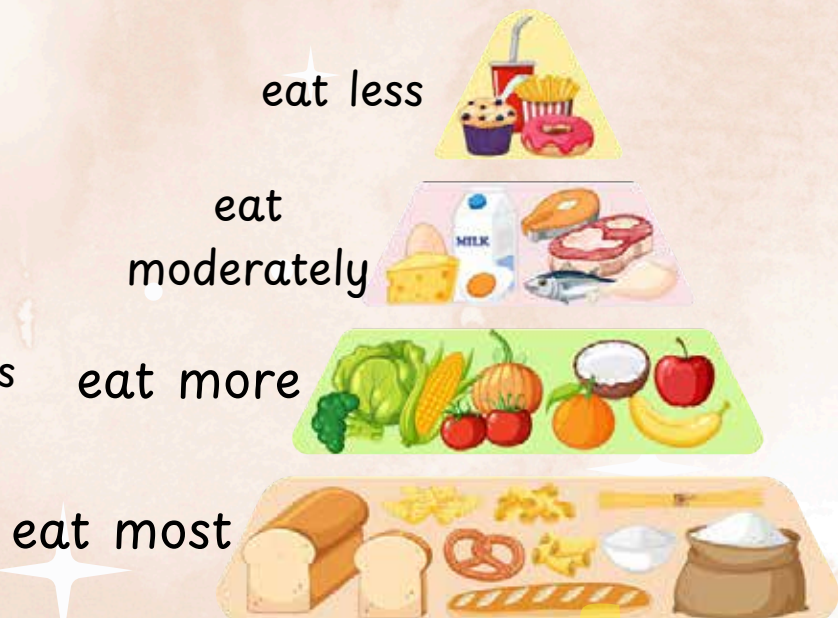
What are Healthy Foods?

Healthy Foods are meals that benefit you and provide vitamins, minerals and nutrition. Examples could be fruits and vegetables, fish, poultry, beans nuts and eggs.

Even if foods are healthy, that doesn't mean you can eat them in large amounts! All foods have to be eaten in moderation, some foods can be eaten more than others while some are only eaten in small amounts! Here's a food pyramid.

Healthy Foods come with many benefits which are:

- Vitamins are essential organic compounds that our bodies need in small amounts for normal growth, development, and bodily functions.
- Nutrition is the process of consuming and absorbing food and water to support the body's life processes, providing essential nutrients for energy, growth, repair, and overall health.
- Minerals are essential inorganic nutrients from food needed for vital bodily functions, such as building bones and teeth, regulating fluid balance, and turning food into energy.



Benefits of a Balanced Diet

Healthy foods can help you to prevent medical problems! Many foods include nutrition and vitamins which help your body function. Some foods help with heart problems like chia seeds, walnuts and spinach while broccoli, carrots and ginger help with lung problems!

If you get into healthy foods not only does it make you healthy it can improve your mood and sleep at night!

You should eat nutritious food because it can enhance energy levels which helps you feel more energetic and provides you with the power for your daily activities and exercise. Another reason why you should eat healthily is because it improves your mood and mental health. This happens because foods like fruits, vegetables, whole grains and lean proteins can enhance mood and cognitive function.



Did you know ...

Bananas Are Berries:

Surprisingly, bananas are classified as berries, while strawberries are not!

And: Carrots Were Originally Purple:



Zinc helps the body's immune system and metabolism work correctly. Zinc is also important for wound healing and for the sense of taste. Zinc can be found in foods such as beef, chicken, fish, seafood and fortified breakfast cereals.



Calcium helps build bones and keep teeth healthy. Regulates muscle contractions, including your heartbeat and makes sure blood clots normally.



Omega-3 provides your body with energy (calories) and supports the health of many body systems. These include your **cardiovascular** system and **endocrine** system.



Phytate can decrease the absorption of iron, zinc, magnesium, and calcium. Saponins in legumes, whole grains can interfere with normal nutrient absorption.



Protein helps your body repair cells and makes new ones. Protein is also important for growth and development in children, teens and pregnant women.



Magnesium regulates diverse biochemical reactions in the body, including protein **synthesis**, muscle and nerve function, blood **glucose** control, and blood pressure regulation

Get into Eating Healthy Foods!

Eating healthy food might sound boring or not as tasty as fast foods but I can assure you it will help you greatly!

To eat healthily, aim for at least five portions of **fruit and vegetables daily, choose wholegrain starchy** foods for meals, include protein sources like beans, fish, or lean meat, select lower-fat dairy or alternatives, and drink **6-8 glasses of fluids** a day. Limit foods high in fat, salt, and sugar, opt for unsaturated oils, and read food labels to understand fat, salt, and sugar content.



ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins (like beans, lentils, nuts), lean animal proteins (like skinless poultry, fish, seafood, low-fat dairy). Drink plenty of water throughout the day, and unsweetened tea and coffee can also be enjoyed.

LIMIT

sweetened drinks and alcohol. Eat less salty food, fatty foods, and processed meats. Limit foods like butter, whole milk, full-fat yogurt, and cheese. Take the skin off poultry before cooking. Use plant-based oils, such as olive, canola, or avocado oil, instead of oils like coconut or palm oil.

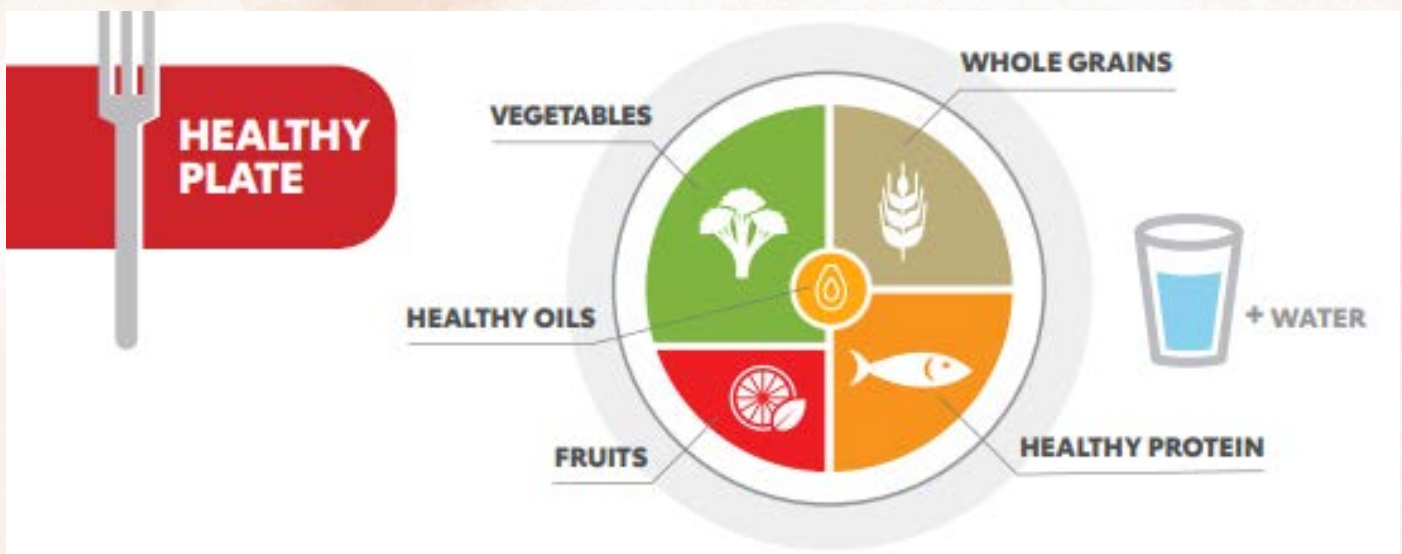
AVOID

trans fats. Trans fats are found in some store-bought baked goods and fried foods.

| Nutrition Facts | |
|----------------------------|------------|
| 8 servings per container | |
| Serving size 2/3 cup (55g) | |
| Amount per serving | 230 |
| Calories | |
| *% Daily Value* | |
| Total Fat 8g | 16% |
| Saturated Fat 1g | 2% |
| Trans Fat 0g | |

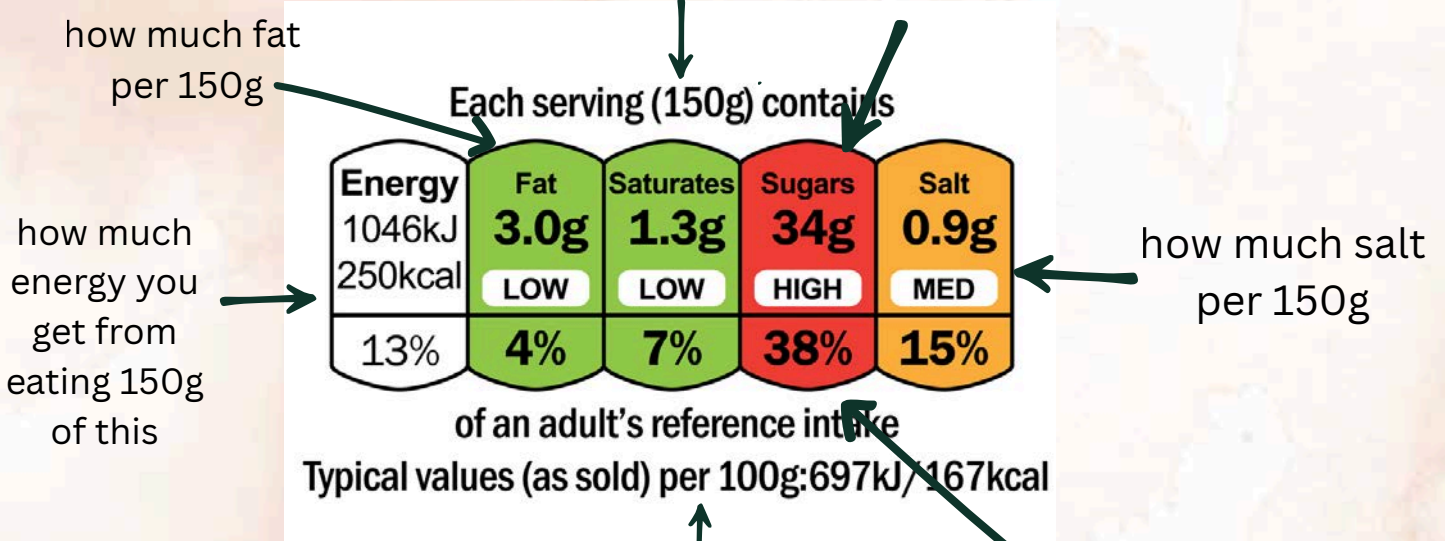
Understanding **food labels** can help you make healthier choices on what to eat.

When you have more than one choice, compare nutrition facts. Foods with less SODIUM and bad fats (**trans and saturated fats**) and added sugars are more healthy for you.





how much each serving contains

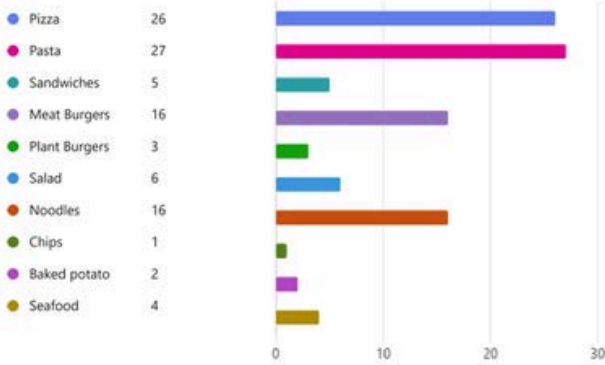


indicates that each serving contains **697 kJ (167 kcal)** of energy.

This shows how much saturates would be in one serving of 150g

What do the children of Reddiford think?

13. Which one of these **foods** would you **prefer to eat**?



9. What do you usually eat for **breakfast**?

106 Responses

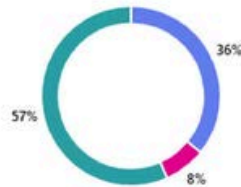
Latest Responses
 "honey on toast"
 "bread cheese yoghurt blueberries"
 "ceral"
 ...

19 respondents (18%) answered toast for this question.



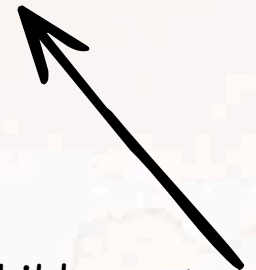
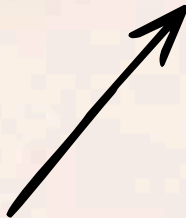
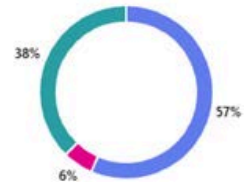
14. Do you think the meals you currently eat **improve your health**?

Yes: 38
 No: 8
 Maybe: 60



10. Do you **think** this breakfast is **healthy**?

Yes: 60
 No: 6
 Maybe: 40



Apparently the majority of children at Reddiford would prefer to eat pasta!
 57% of children think that their meals might be healthy while 36% are certain that they eat healthily with only 8% thinking that they don't!

The majority of children at Reddiford eat toast for breakfast!
 However, 38% of students are not sure whether their breakfast is healthy while 57% think they do eat a healthy breakfast with only 6% thinking they don't!

General Knowledge Quiz !

Which is more healthy:



Spot the difference:



- 1.sandwich 5.chicken 9.soup
- 2.french fries 6.hamburger 10.taco 13.bacon
- 3.noodles 7.spaghetti 11.fish 14.eggs
- 4.steak 8.pizza 12.salad 15.rice

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Z | B | A | C | O | N | E | G | G | S | C | O | P | R |
| H | A | M | B | U | R | G | E | R | E | C | C | U | P |
| S | P | A | G | H | E | T | T | I | E | R | A | G | H |
| H | U | T | H | G | P | I | Z | Z | A | C | T | S | R |
| K | S | S | P | U | O | S | A | R | G | L | I | T | I |
| F | R | I | E | E | S | I | T | S | I | E | T | R | S |
| C | S | P | F | A | U | T | I | A | A | H | F | S | P |
| P | H | Z | W | S | N | O | E | B | E | L | O | Z | H |
| H | R | T | R | C | A | C | A | A | Z | I | A | R | D |
| O | K | S | F | S | A | Z | S | E | K | T | S | D | N |
| O | A | A | R | H | A | N | N | E | K | C | I | H | C |
| N | O | O | D | L | E | S | O | E | T | A | R | H | C |
| D | F | R | E | N | C | H | F | R | I | E | S | T | Z |
| C | S | A | N | D | W | I | C | H | E | E | H | O | R |

Answers on page 6



Riddles!

1. I am long and yellow, and monkeys like to eat me. What am I?
2. I am crunchy, red or green, and grow on trees. What am I?
3. I can be found in a freezer, taste great on sunny days and come in many flavours. What am I?
4. What kind of cheese is made backwards?
5. I am green on the outside, red on the inside, and full of black seeds. I'm a cool treat on a hot summer's day. What am I?
6. You can't eat me until you break me, yet I am often a part of your first meal of the day. What am I?
7. I'm white and I'm yummy, you can have me with cereal or in a bowl. I can be plain or have fruit on top, to make you feel whole. What am I?
8. What is the richest nut?



- | | | |
|-----------------|--------------|-----------|
| 1. sandwich | 5. chicken | 9. soup |
| 2. french fries | 6. hamburger | 10. taco |
| 3. noodles | 7. spaghetti | 11. fish |
| 4. steak | 8. pizza | 12. salad |
| | | 13. bacon |
| | | 14. eggs |
| | | 15. rice |



Answers!

- Banana
 Apples
 Ice-cream
 Edam
 watermelon
 egg
 yoghurt
 Cash-ew

General Knowledge Quiz!

which is more healthy:

| | | | | |
|--|----|--|----|--|
| | or | | or | |
| | or | | or | |
| | or | | or | |
| | or | | or | |
| | or | | | |

Spot the difference:

| | |
|--|--|
| | |
| | |
| | |
| | |

1.

2.

3.

4.

5.

6.

7.

8.

What does this mean...?

- **Vitamins** - vitamins are like special chemicals that our bodies need to stay healthy. They help our bodies do many important things, like making energy from food, keeping our skin and eyes healthy, and helping our immune system work well.
- **Nutrients** - nutrients are like the fuel for your body, helping you to grow, stay healthy, and work properly. They come from the food you eat and are essential for everything your body does.
- **Endocrine** - The Endocrine system is like a team of tiny messengers that send important messages around the body. These messages are called hormones.
- **Hormones** - Hormones are like special chemicals that tell different parts of the body what to do. They help our body grow, feel happy or sad, and keep us healthy.
- **Cardiovascular** - The Cardiovascular system is like a big highway that runs through your body. It has a special organ called the heart, which is like a pump that moves blood around. Without your heart you wouldn't be able to live!
- **Synthesis** - Combining different parts to create something new or a complete whole.
- **Glucose** - a simple type of sugar that living things use as their main source of energy.





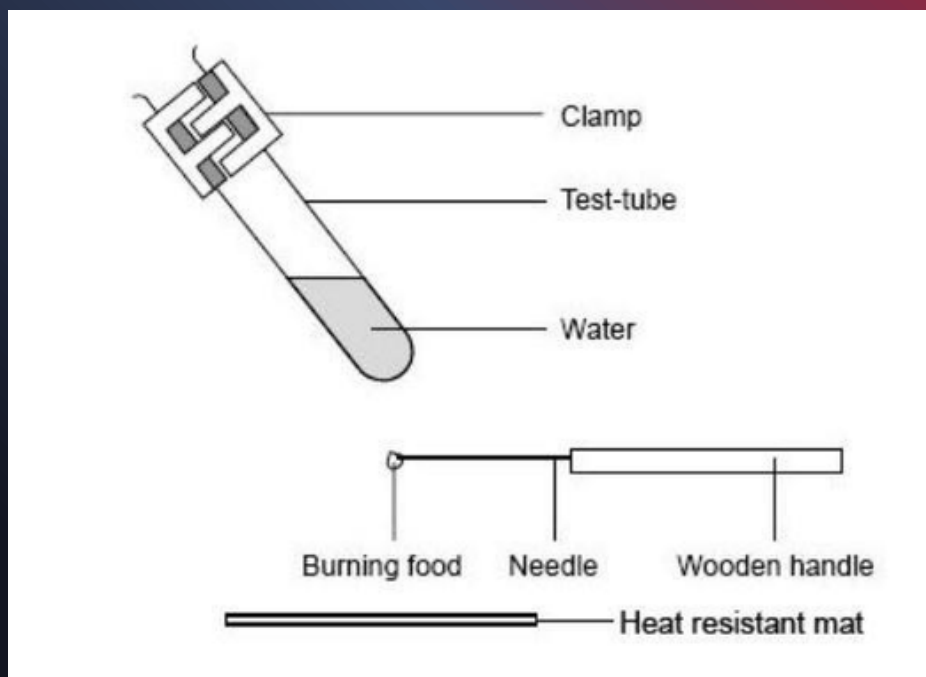
UNHEALTHY FOODS AND CONSEQUENCES

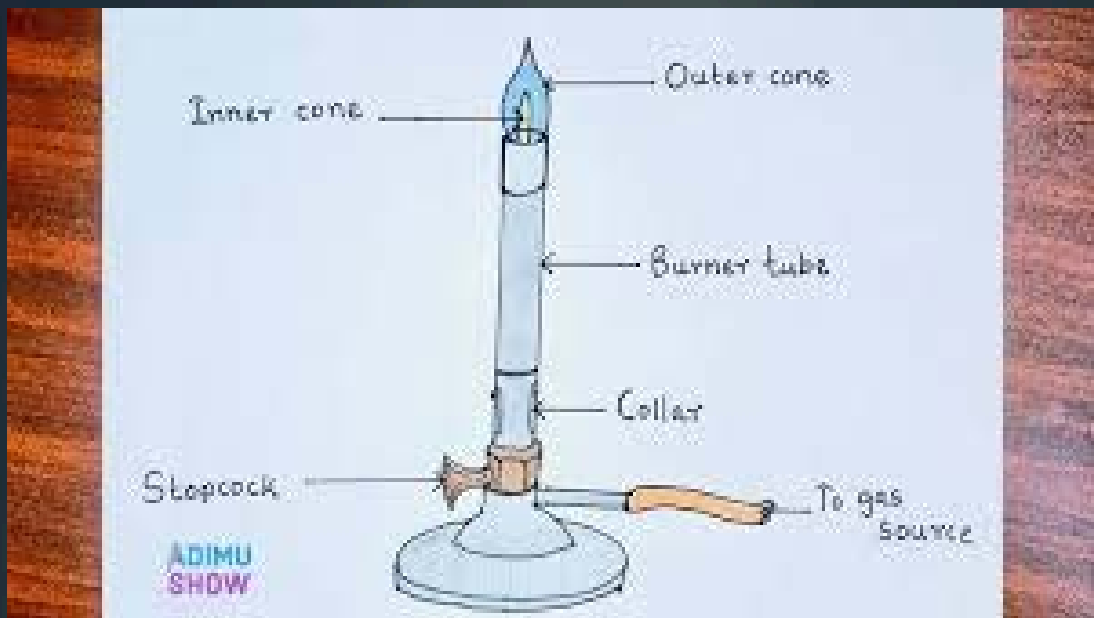
**Kiaan 4SH
& Aarishan 5B**

ARE CRISPS HEALTHY?



We carried out an experiment to find out which crisps store the most energy and fat. By burning the food it creates heat energy which can be used to boil water.





Experiment to see which type of crisps have the most energy.

To determine which type of crisps, have the most energy, follow these steps on the next page.

Calculate energy: Use the formula: $\text{Energy (J)} = \text{mass (g)} \times \text{rise in temperature (}^\circ\text{C)} \times 4.2.$

Crisp Experiment

Method:

- 1. Select a crisp to burn and measure its mass on weighing scales.**
- 2. Set up the apparatus: clamp a boiling tube to a stand.**
- 3. Record the initial temperature of the water with a thermometer.**
- 4. Burn the crisp: hold the crisp in the Bunsen burner flame until it catches alight.**
- 5. Hold the burning crisp under the boiling tube of water.**
- 6. Record the temperature increase.**
- 7. Minus the original water temperature from the temperature after the crisp has burnt.**
- 8. Use the formula on the next page to find out the energy.**

Safety

To keep safe we wore lab glasses and we kept the collar of the Bunsen burner initially closed to produce a safety flame which is orange and easier to see.



Equipment

NEEDED:

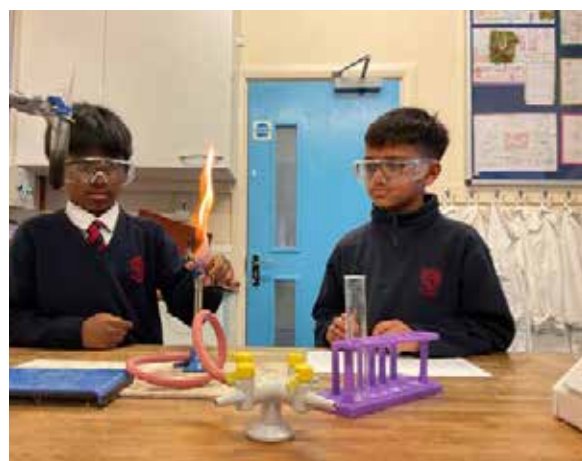
- **Eye Protection**
- **Thermometer**
- **Boiling tube or metal calorimeter**
- **Measuring cylinder**
- **Bunsen Burner**
- **Safety mat**
- **Crisps**
- **Clamp**
- **Tongs**

We are trying to find out which type of crisp has the most energy.

| Crisp | Mass (g) | Temperature of water before heating (°C) | Temperature of water after heating (°C) | Temperature change (°C) | Energy (kJ) |
|----------------------|------------------|---|--|--------------------------------|--------------------------|
| Wotsit | 0.9 grams | 17°C | 29°C | 12°C | 45.36 kilogules |
| Pringle | 4 grams | 22°C | 47°C | 25°C | 420 kilogules |
| Quaver | 0.1 grams | 22°C | 30°C | 8°C | 3.36 kilogules |
| Ryvita | 5 grams | 17°C | 68°C | 51°C | 1,071 kilogules |
| Onion Ring | 2 grams | 23°C | 45°C | 32°C | 268.8 kilogules |
| Tortilla | 3 grams | 21°C | 66°C | 45°C | 567 kilogules |
| Monster Munch | 4 grams | 24°C | 96°C | 72°C | 1,209.6 kilogules |
| Dorrito | 4 grams | 22°C | 107°C | 85°C | 1,428 kilogules |

To calculate energy use the formula:

Energy (J) = mass (g) × rise in temperature (°C) × 4.2.



The higher the kilojoules the healthier the crisp.

The healthiest to the unhealthiest crisp.

Crisps can be baked or fried. You can look at the ingredients on the back of the package.

1. Quavers
2. Wotsits
3. Onion Ring
4. Pringle
5. Tortilla
6. Ryvita
7. Monster Munch
8. Doritos



Survey Results

We did a food survey and here are the results.

The survey was conducted around the Upper School and these are some of the results.

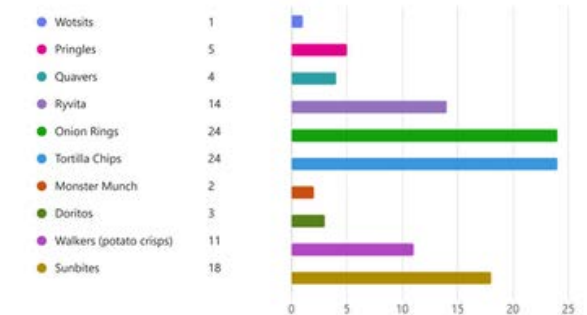
| NUTRITION FACTS | | Per 30g (1.05 oz) | |
|-----------------|---------|-------------------|------|
| Energy | 1027 kJ | 244 kcal | 12% |
| Total Fat | 29g | 54g | 4% |
| Total Crisp | 30g | 17g | 7% |
| Total Sugar | 12g | 24g | 0.5% |
| Total Protein | 13g | 26g | 0.5% |
| Total Salt | 1.1g | 2.2g | 0.4% |



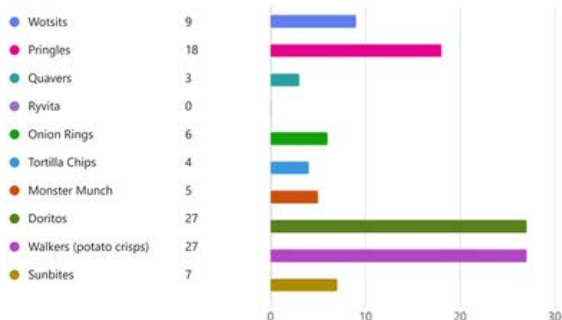
Do you prefer **fried** or **baked** crisps?



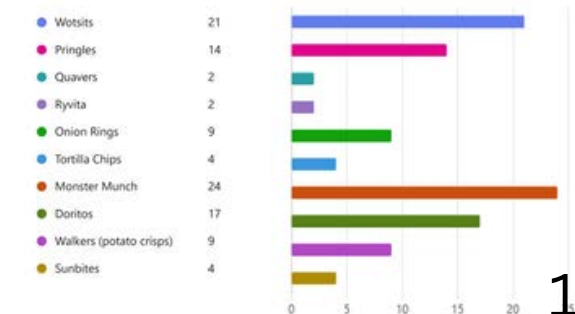
Which crisps do you think are the **healthiest**?



What is your **favourite** crisp?



Which crisps do you think are the **unhealthiest**?





GAMES



Anagrams

1. **BAD MAN GNASHERS**
2. **PICK BALD DUNG**
3. **DECIMATE INSTANT**
4. **SPORTY CHAINS**
5. **FAIR PUSH**
6. **TO RIOTS**
7. **SKATE**
8. **BEAR BUG**
9. **THE COAT PEG**
10. **NUKE BAD SQUABBLE**

```

F S O U R P A T C H K I D S Z E I
B F X Q H E I G J F K I L O D U A
W C E O K Z E B K Q G M K C W X I
T W L K Y H R Z Y J W O K K L B W
Z C L O L L I P O P Q D V Z R Z F
Q H E R S H E Y C H O C O L A T E
O M U G E L B B U B W P L D M Z Q
E S R E K C I N S K A B I R N D R
A X Z T S E I K O O C H A Z K M F
R T K B Y O C J K K N N X M I N T
Z A C T V S W E E T I S H F I S H
S K A M U Z U C B U N V W X H T N
I T K X V E T M A E R C E C I R B
O I E J Y N G Y L J U A K A S W Z
E K U W Q V V I B T N L Z N U V K
R X P U S U E K A C P U C L K S M
O X D O T S Y B G I Q M M Z S L L

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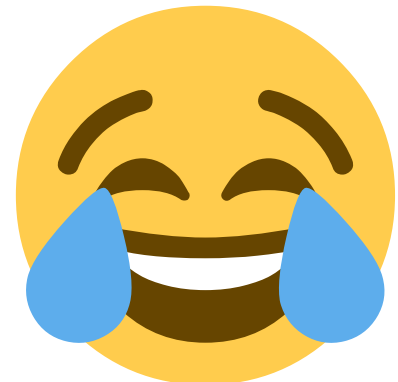
Hershey chocolate
bubble gum
lollipop
kit kat
Oreo

sour patch kids
ice cream
cookies
dots
mint

sweetish fish
snickers
cupcake
cake

RIDDLES:

- 1: I can be bitter or sweet, but I'm always a treat; in a bar or a cake, I'm something to eat. What am I?
- 2: What kind of dog has no tail?
- 3: What kind of foods are the most fun at parties?
- 4: Why did the citrus tree go to the hospital?
- 5: What kind of cup doesn't hold water?
- 6: What has no beginning, end or middle?



ANSWERS:



ANAGRAM ANSWERS:

1. Bangers and Mash

2. Black Pudding

3. Mince and Tatties

4. Cornish Pasty

5. Fish Soup

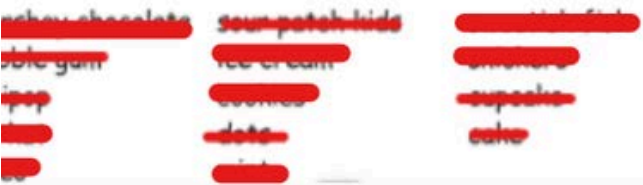
6. Risotto

7. Steak

8. Burger

9. Cottage Pie

10. Bubble and Squeak



ANSWERS FOR RIDDLES

1: Chocolate

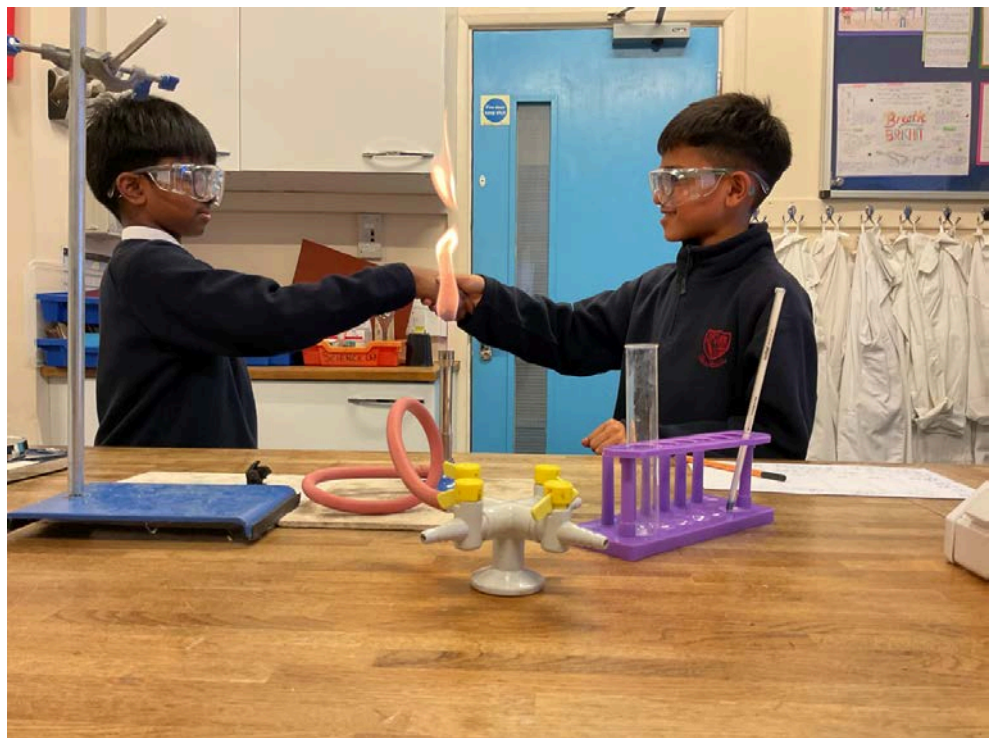
2: Hotdog

3: Fungi

4: Lemon-aid

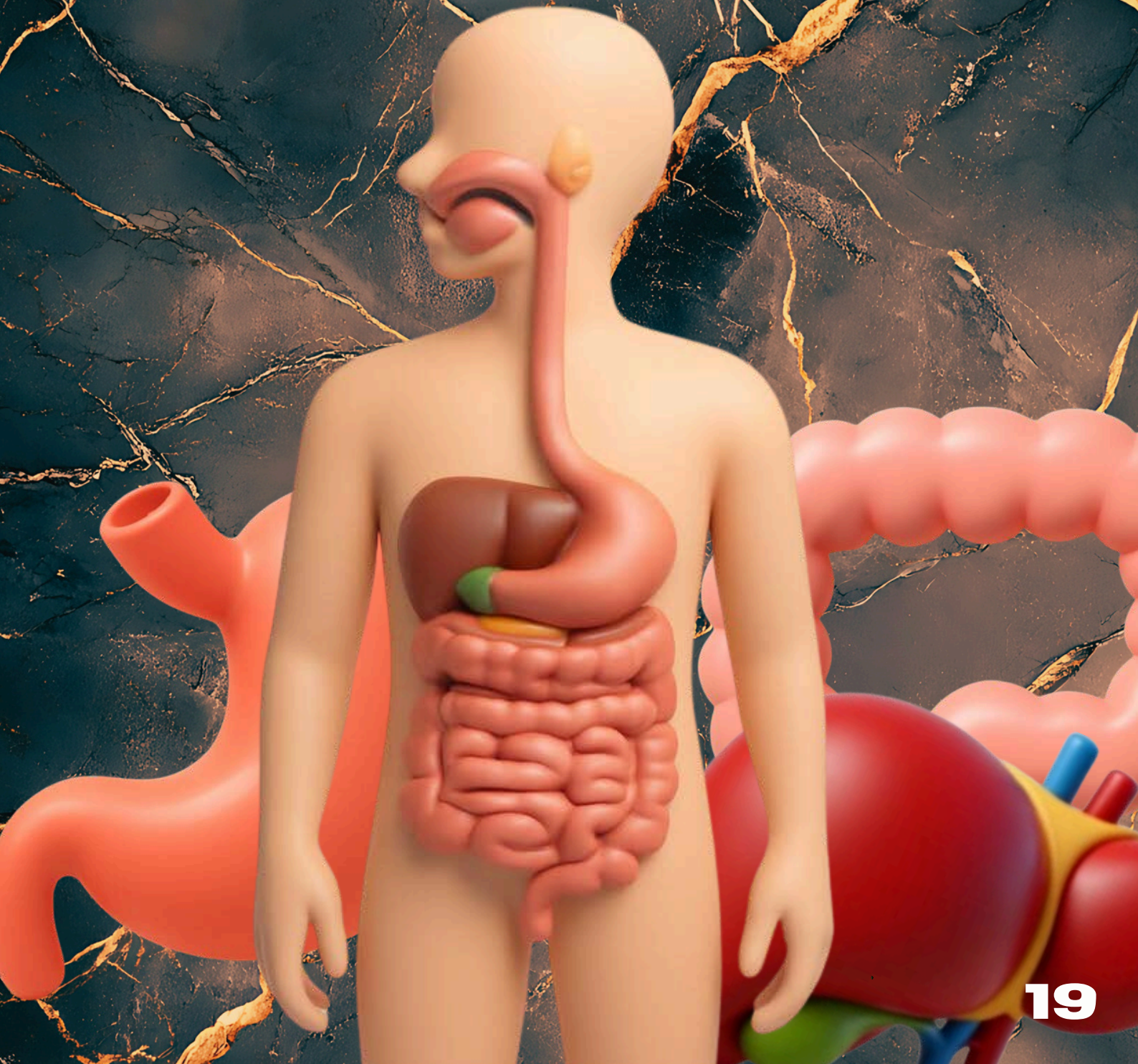
5: Cupcake

6: Doughnut



DIGESTIVE SYSTEM

By Dylan 4SH and
Waris 6S





F A C T

WHEN YOUR STOMACH RECEIVES FOOD, IT CONTRACTS AND PRODUCES ACIDS AND ENZYMES THAT BREAK DOWN THE FOOD. YOUR HORMONES AND NERVES WORK TOGETHER TO HELP CONTROL THE DIGESTIVE PROCESS.

HOW TO MAKE FAKE POOP

Ingredients:

Banana, digestive biscuits, cocoa powder, water, orange juice.

Steps:

Mash half a banana, three biscuits and a teaspoon of cocoa powder in a bowl to simulate teeth grinding the food.

Add water gradually (representing saliva and digestive juices), mixing well after each addition to simulate digestion.

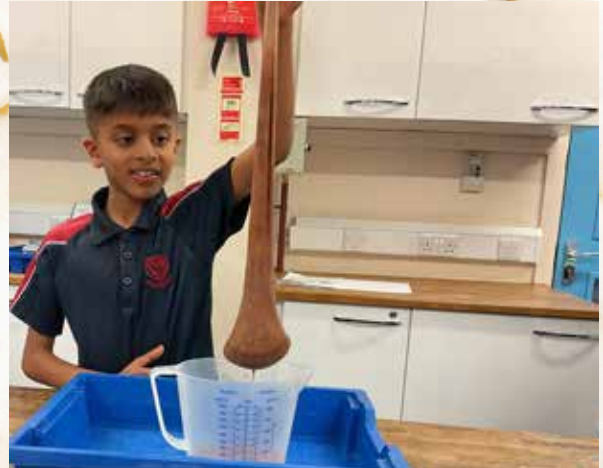


Add orange juice to represent stomach acid and mix to create a smooth mixture.

In the plastic sandwich bag, cut a small hole in the corner, and pour the mixture it into a pair of tights.



This simulates the intestines churning the food and the nutrients coming out in the liquid.



Then squeeze the tights to represent the poo (solid waste) coming out of the anus.



WORD SEARCH

The Digestive System

A S H S X H M F X C I L E U M O M U N U J E J V
 N G U P Q F P S A E R C N A P A N J V M U I Y Y
 O C N N Q F S Q E N I T S E T N I E G R A L T T
 L S F R A I B Z I U E H B O L U S Y B R P L W A
 O N U V E L B I L E Y D G R I N D I N G A G W S
 C I P I A L I M E N T A R Y C A N A L S W E V T
 G M T M J I T M N M I A V I L A S L G J G B P E
 N A S G A V S U B L I N G U A L H T E E T X A D
 I T A D O D R F W R O N O I T A C I R B U L I G
 D I I N N U I Z E I P H A R Y N X J Q L S G A I
 N V S P L A T O T C C Q T H E H K H K D E G S N
 E C L S N C L A M N E Y I E E T T K L S C A C T
 C N M M E O C G H G P S U M A N T U T T H L E E
 S E O C D I I D B B I G F C Y Q Z I O P B L N S
 E M U R T D H T E C N S I O R Z V Y B M K B D T
 D M U S E T I S P O K D E Q O E G S M Q E L I I
 A Z A T K V O T T R Z F P O Z D V M G E C A N N
 C M C C C P I P O O O S W A L L O W N S S D G E
 Z M E F H E A L N R F S D X R G G I T S P D C S
 S D Q A Y I R U J O A C B K O T K P W Q I E O H
 S V G C C R L X F Q L P H A V C C E P E L R L S
 D U O D E N U M Y J F O S E O F E G I I M V O C
 S C E T A L A P D R A H C H W T U F M O N U N K
 L S D N A L G Y R A V I L A S F X N U P R R Z D

- | | | | | | |
|------------------|------------------|-----------------|-----------------|-----------------|-------------|
| descending colon | alimentary canal | salivary glands | large intestine | ascending colon | mastication |
| lubrication | hard palate | gallbladder | sublingual | intestines | absorption |
| esophagus | digestive | vitamins | pancreas | grinding | duodenum |
| parotid | sigmoid | swallow | pharynx | jejunum | enzymes |
| tongue | bitter | saliva | rectum | glands | villi |
| teeth | taste | sweet | salty | mouth | liver |
| ileum | feces | colon | cecum | bolus | sour |
| food | chew | bile | anus | acid | |

THE ORGANS

Liver:

Your liver is the largest internal organ in your body and one of the only organs that can regenerate itself. The liver weighs an average of 1.8 kg in men and 1.3 kg in women.

Stomach:

The acid in your stomach (hydrochloric acid) can actually burn your skin. It also plays a very important role in your digestive system.

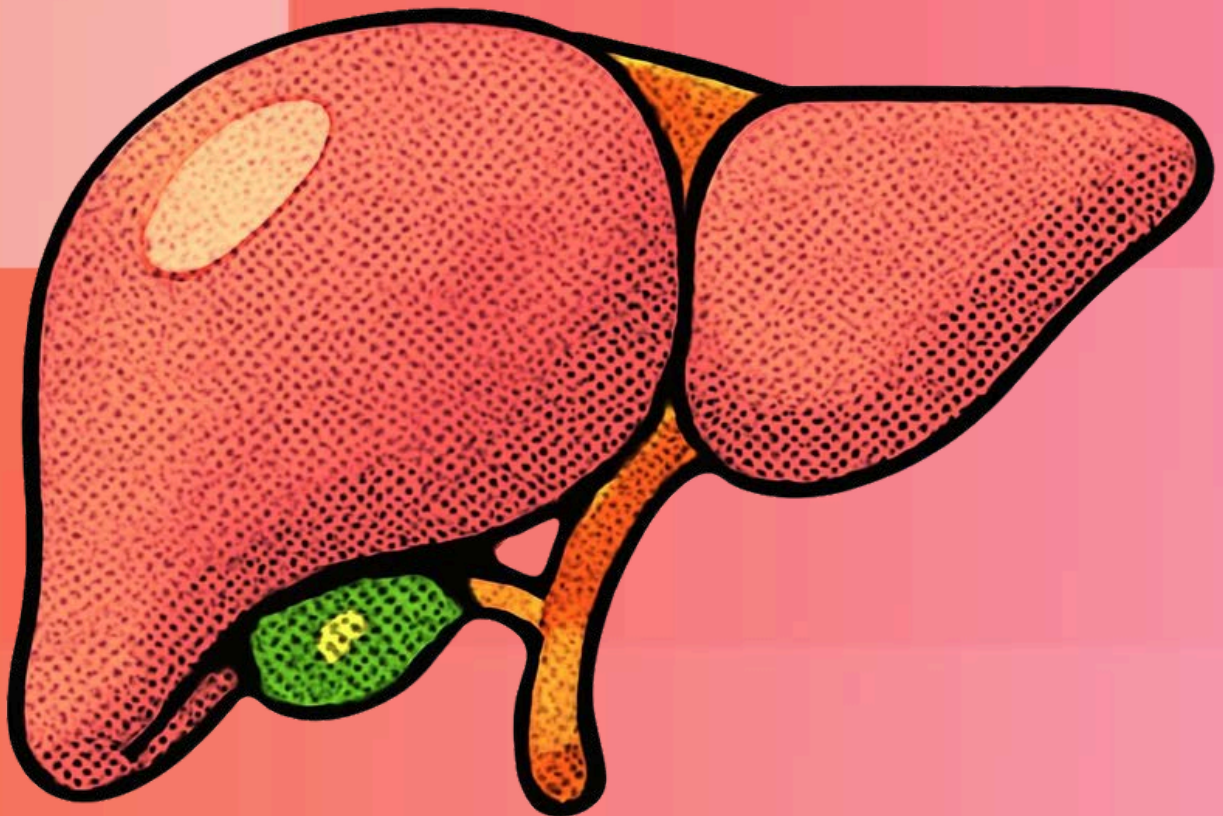
Small Intestine

The small intestine is the longest part of the digestive system spanning up to 23 feet long. If you unravelled it, it would be taller than a giraffe!

THE ORGANS

Large intestine

The large intestine (also known as the colon) despite its name, is much smaller than the small intestine spanning only 5 feet. It also has about 100 trillion bacteria inside of it!



MOUTH

When food is chewed, saliva starts digesting carbohydrates

OESOPHAGHUS

Muscles, in a process called peristalsis, push the food down into your stomach

STOMACH

Everything is blended with digestive juices. Hydrochloric Acid kills bacteria. Enzymes break down proteins.

LIVER

A green liquid called bile, which is stored in your liver, is secreted to break down fats.

PANCREAS

Many kinds of digestive enzymes are made here

SMALL INTESTINE

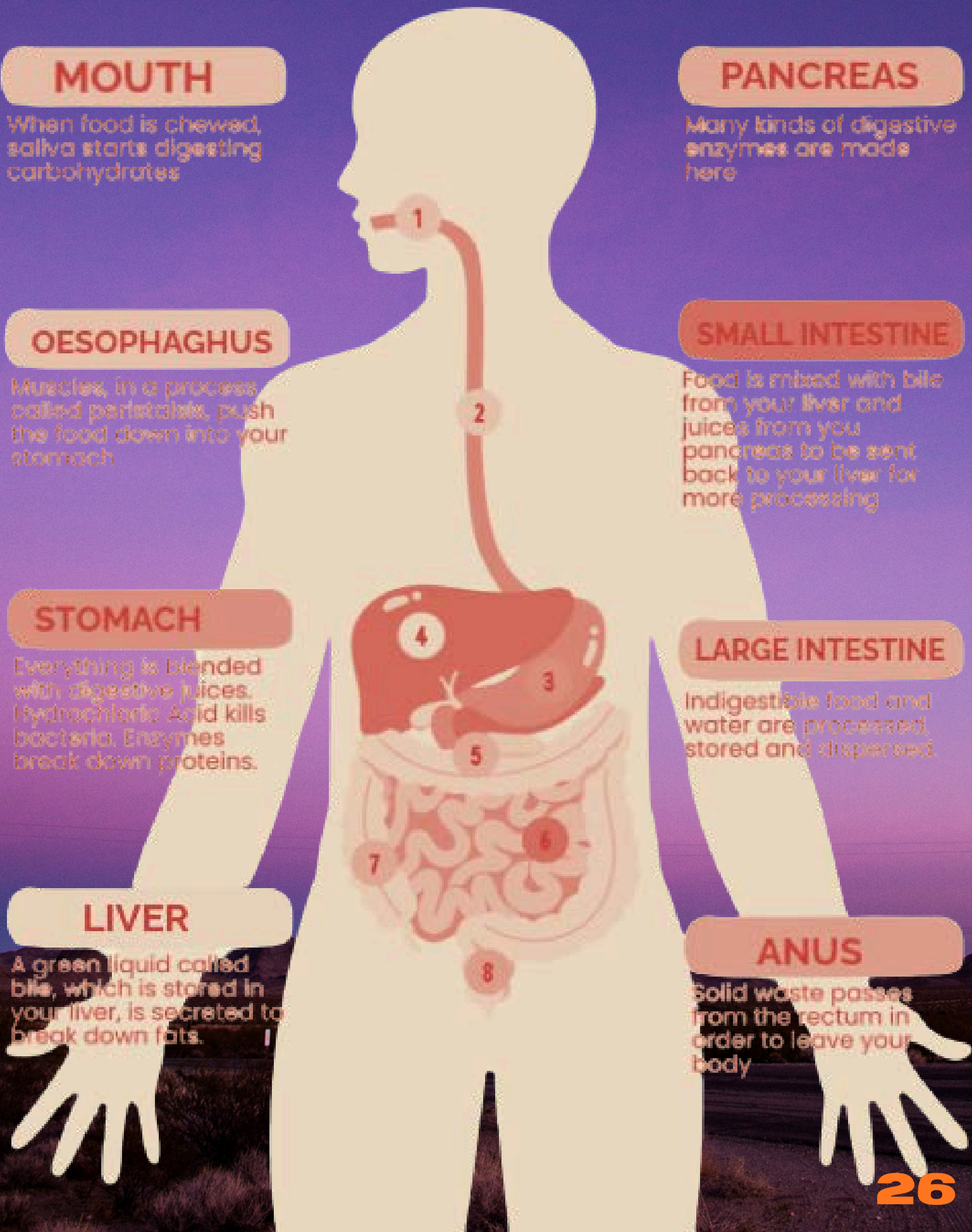
Food is mixed with bile from your liver and juices from your pancreas to be sent back to your liver for more processing

LARGE INTESTINE

Indigestible food and water are processed, stored and dispersed.

ANUS

Solid waste passes from the rectum in order to leave your body



A light green line-art illustration of two glasses with straws, one slightly behind the other, serving as a background for the title.

DRINKS

By Amaya 4SH



HOW MANY PEOPLE DRINK BEVERAGES?

1 billion people drink coffee in the world.

34% of people drink fresh fruit juice in the world.

25% OF THE PEOPLE IN THE UK DRINK PROTEIN SHAKES.

25% of 16–24-year olds drink one smoothie per week in the UK.

3 BILLION PEOPLE DRINK TEA IN THE WORLD.

6.78 billion people drink fruit juice daily in the world

6.5 billion people drink milk in the world.

2 billion people drink alcohol in the world.

ARE BEVERAGES GOOD FOR YOUR TEETH ?

Many common beverages are not good for your teeth because they contain sugar or acid which can cause tooth decay, erosion and staining.



Plain water and milk are good choices because they are not harmful and do not cause tooth decay, erosion and staining.

Some teas and sparkling waters can be acceptable if they are sugar-free and low in acid.



Milk contains calcium and casein, which can help strengthen the tooth enamel.

**TAP WATER IS THE SAFEST CHOICE,
AS IT HELPS RINSE AWAY
FOOD PARTICLES AND BACTERIA.**

Investigating Drinks!

What you need:

7 eggs

7 different
drinks

7 cups

Sticky lables

Felt tip pen

6. In a results table record what the egg looks like, how it feels and what colour the egg is.



Instructions:

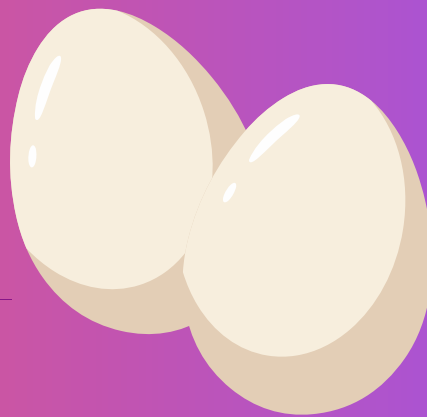
1. First, you have to put 1 egg in each of the 7 cups.

2. Pour a different type of drink over each egg.

3. Wait for one week.

4. After one week, take out the eggs from the cups.

5. Examine the eggs and record your observations.



EGG EXPERIMENT!



The experiment was really interesting because it was amazing to see what colour the egg had turned and to discover whether the shell was hard or soft.

If you are interested in what happens to your teeth then you can do this cool experiment if you want to .



This experiment is eggcellent!

The Actimel egg was hard, the skin was peeling off and the skin was brown. The innocent smoothie egg was hard, the skin was peeling off and it turned a dark brown. The capri-sun egg was hard but the skin was peeling off and the egg had bacteria on it.



The Coca-Cola egg was hard, the skin was peeling off and the colour was black and dark brown.



The flavoured-water egg was hard, the skin was peeling off and the egg had red spots on it.

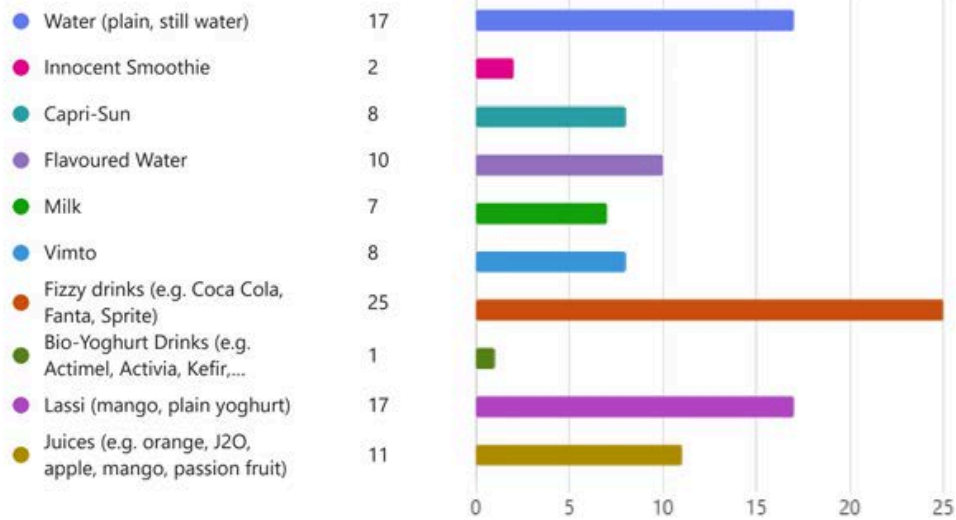


The milk egg had bubbles on it, the skin was peeling off and it had bacteria growing on it.

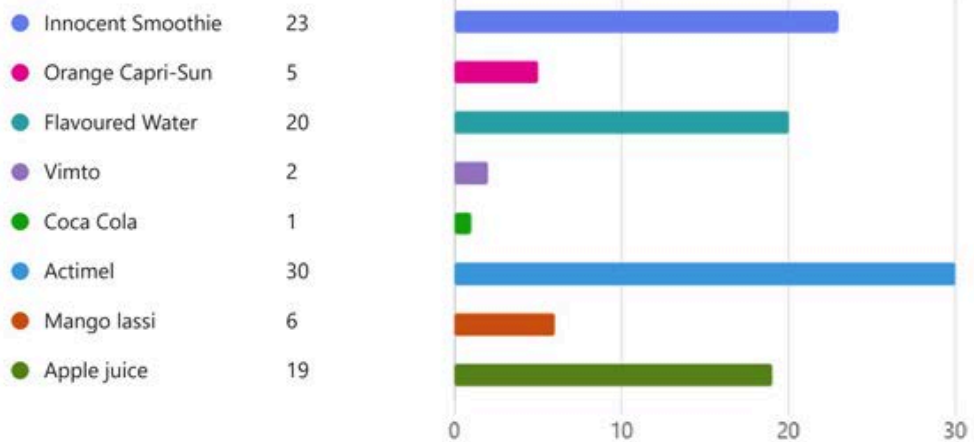
The vimto egg was hard, the skin was peeling off and the egg was black.

The Prep children did a survey about their favourite drinks.

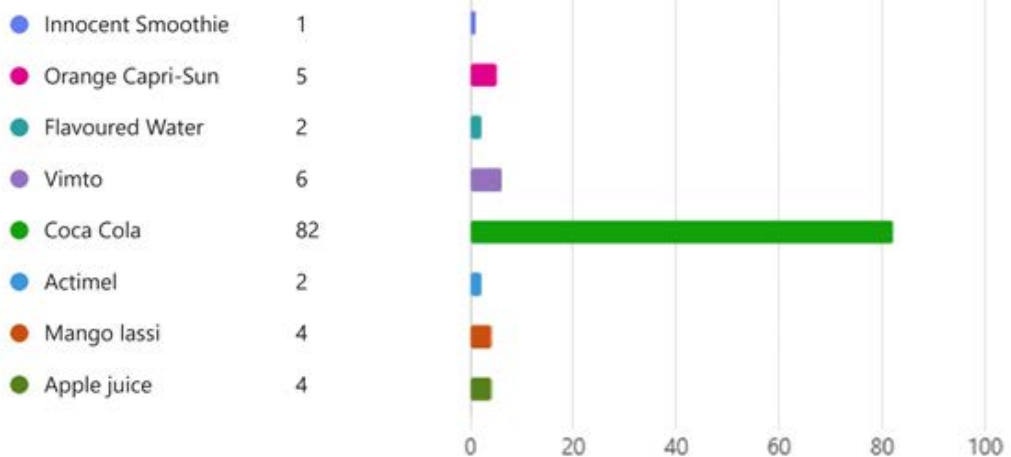
6. What is your **favourite drink**?



7. Which drink do you think is the **healthiest**?



8. Which drink do you think is the **least healthy**?





GAMES



OR



ANAGRAM



OR



KILM



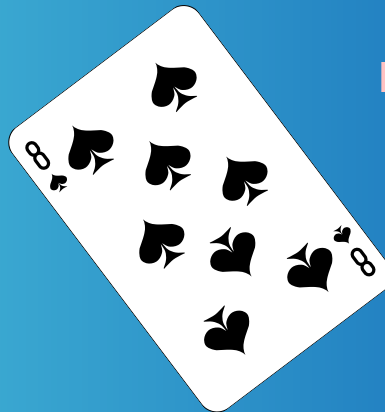
OR



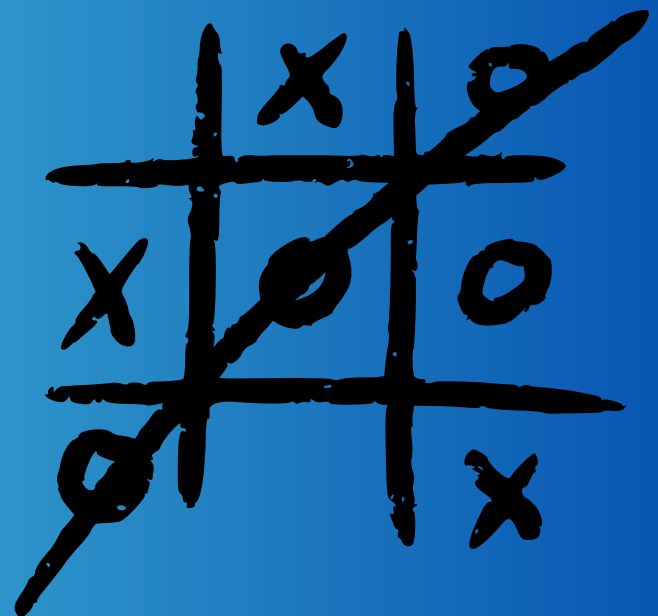
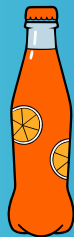
TAWER

EIHTOOMS

ECIUJ



OR



OR





ANSWER



OR



OR



OR



OR



OR



ANAGRAM

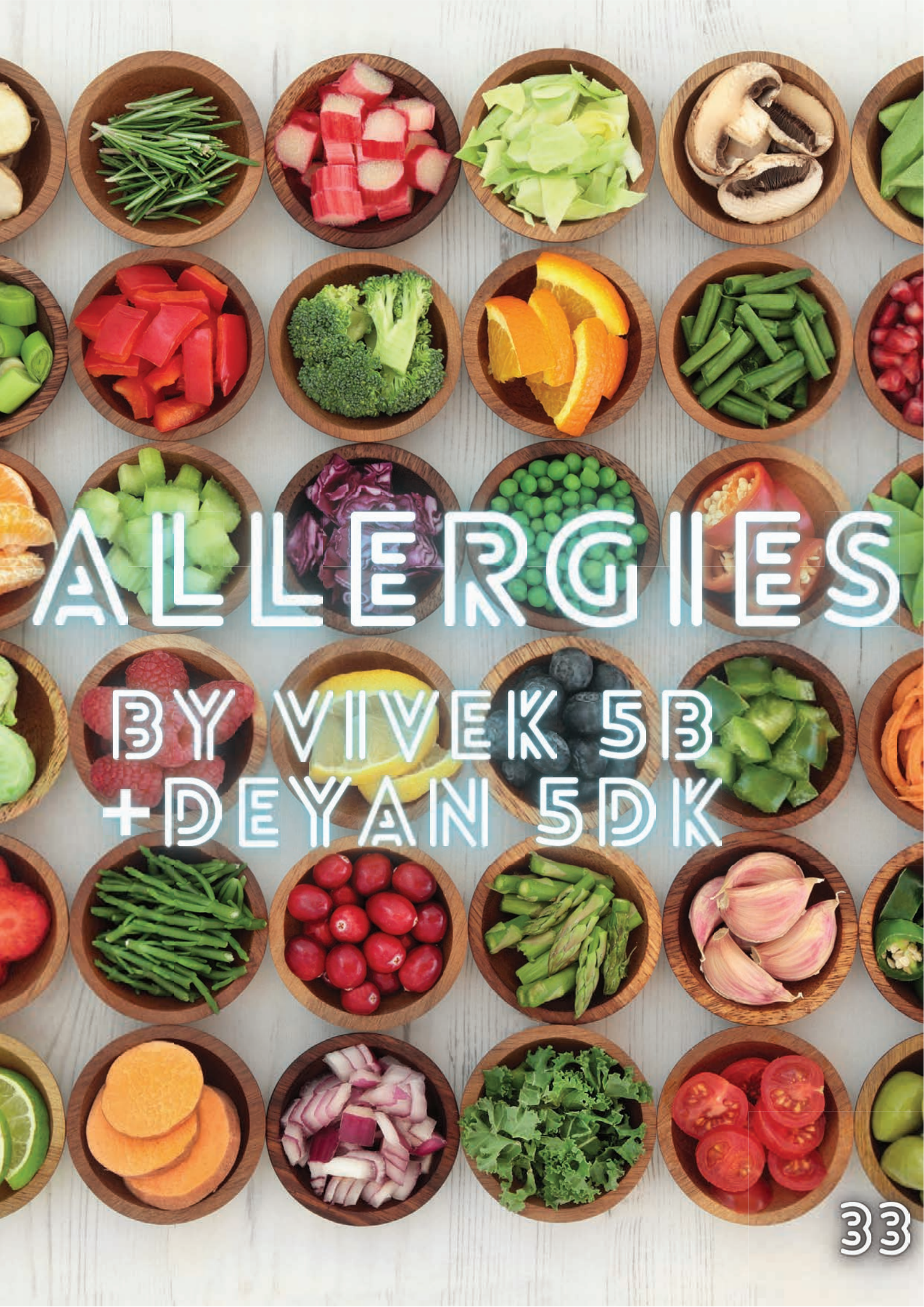
KILM - MILK

TAWER-WATER

EIHTOOMS-SMOOTHIE

ECIUJ-JUICE





ALLERGIES

BY VIVEK SB
+ DEYAN SDK

FRUIT & VEG ALLERGIES

FRUIT ALLERGIES

Allergies are often linked to specific tree pollens, resulting in Oral Allergy Syndrome (OAS).

Apple: often associated with birch pollen allergies.

Cherry, apricot, and plum: belong to the Rosaceae family and can be cross-reactive for people allergic to birch pollen.

Peach: another Rosaceae fruit, particularly common in Mediterranean areas.

Other fruits: some fruits can cause allergies on their own or cross-react with other allergens like latex.

Kiwi: is one of the most common fruit allergies and can cross-react with latex and certain pollens.

Banana and Avocado: both can cause allergic reactions and cross-react with latex.

Mango: can cause reactions and is in the same family as cashews and pistachios.

Melons: can be associated with grass and ragweed pollen allergies.

Strawberry, Fig, and Pineapple: can also trigger reactions in some people.



VEGETABLE ALLERGIES

Birch, grass, and ragweed pollen cross-reactivity: many vegetable allergies are also linked to pollen.

Carrot: can be associated with birch pollen allergy.

Celery: a very common and sometimes severe vegetable allergy. Its allergens are often heat-stable and can cross-react with other foods in the parsley family.

Tomato: can be linked to both grass and birch pollen allergies.

Other vegetables: some vegetables can trigger allergies independent of pollen cross-reactivity.

Aubergine (Eggplant), Beetroot, and Cabbage: can cause allergic reactions.

Garlic and Onion: these can cause reactions, especially in people with other food sensitivities.

Soy: a member of the legume family and a common allergen, especially in children.

Mustard: allergies can be associated with cross-reactivity to nuts and other foods.

SHELLFISH ALLERGIES

Crustacean allergies and mollusc allergies affect 0.5% to 2.5% of the worldwide population. The possible things you can be allergic to are crabs, lobsters, prawns, shrimps and crayfish . A crustacean allergy is an immune system reaction to the proteins found in crustaceans, a type of shellfish. The primary trigger is a protein (tropomyosin), which can cause cross-reactions with other crustaceans and even dust mites.

Mollusc allergies and crustacean allergies affect 0.5% to 2.5% of the worldwide population. A mollusc allergy is an immune system reaction to proteins found in molluscs. There are three types of molluscs - Bivalves (clams, mussels, oysters and scallops); Gastropods (snails, abalone and whelks) and Cephalopods (octopus, squid and cuttle fish).



NUT ALLERGIES

A nut allergy is a condition where the body reacts abnormally to the proteins naturally present in tree nuts. In effect, the immune system 'attacks' the nut proteins, setting off a chain of reactions that release natural chemicals in the body, it does this because it mistakes the proteins as a threat.

Tree nuts grow on trees and include a wide variety of nuts. An allergy to one tree nut does not automatically mean an allergy to others, but cross-reactivity is common, especially between closely related nuts like cashews and pistachios.

Peanuts are legumes, not tree nuts, but many people allergic to peanuts are also allergic to tree nuts. A peanut allergy can cause severe reactions, known as anaphylaxis.

Pine nut allergies are a distinct and potentially severe food allergy, though less common than allergies to other tree nuts like cashews or walnuts. Pine nuts are edible seeds from pine trees and are botanically different from other tree nuts, so being allergic to pine nuts does not necessarily mean you are allergic to other nuts, and vice versa.

ALLERGIC REACTIONS

An Allergic Reaction is when you have something you are allergic to and your body can't cope so you have a reaction.

Possible Reactions :

- Feeling Dizzy or lightheaded
- Itchy skin or rashes (hives)
- Swelling of lips, face and eyes (angioedema)
- Coughing, wheezing, breathlessness or a horse voice
- Sneezing or itchy, runny or blocked nose
- Being sick or feeling sick
- Tummy pain
- Diarrhoea

Anaphylaxis

STAGE 1 - Mild - this causes symptoms like rashes, redness, itchiness or hives.

Stage 2 - Moderate - this causes symptoms like skin rash and hives that are spreading or mild swelling in the lips or tongue.

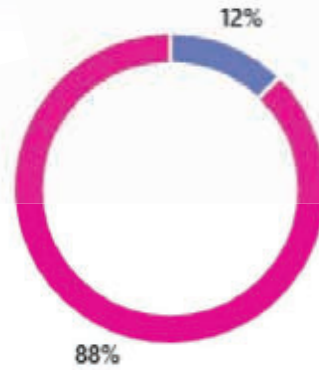
Stage 3 - Severe - this causes things like difficulty breathing, lots of swelling or weak pulse and dizziness.

Stage 4 - Life Threatening - this causes things like losing consciousness, not be able to breathe and not have enough blood flow to vital organs. If someone is in this situation they need immediate medical attention to avoid passing away.

PREP SURVEY

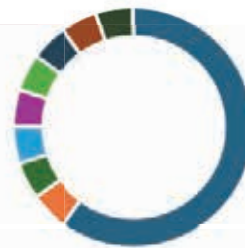
IF THEY HAVE AN ALLERGY OR NOT

| | |
|-----|----|
| Yes | 13 |
| No | 93 |



WHAT ALLERGIES THOSE 13 PEOPLE HAD

Amount of allergies (5 people had multiple allergies)



| | | |
|---------------|-----------|----------------|
| Nuts-12 | Wheat-1 | Sesame seeds-1 |
| Oats-1 | Coeliac-1 | Pineapple-1 |
| Garden Peas-1 | Lentils-1 | Shellfish-1 |

THE AMOUNT OF DIFFERENT NUT ALLERGIES

amount of nut allergy (3 people had multiple nut allergies)



| | | | | | | |
|---------|------------|----------|-----------|---------|---------|------------|
| walnuts | pecan nuts | all nuts | tree nuts | peanuts | cashews | pistachios |
|---------|------------|----------|-----------|---------|---------|------------|

EXPERIMENT



WE DID AN EXPERIMENT TO FIND OUT HOW BIG PEOPLES LUNG CAPACITY WAS AND IF CERTAIN FATORS LIKE AGE OR HEIGHT AFFECTED THEIR LUNG CAPCITY.

| NAME | HEIGHT | BALLON CIRCUMFERECE | AGE |
|----------|--------|---------------------|-----|
| Deyan | 141cm | 37cm | 10 |
| Vivek | 144cm | 38cm | 10 |
| Aarishan | 141cm | 44cm | 10 |
| Kiaan | 141cm | 37cm | 9 |
| Amaya | 142cm | 34cm | 9 |
| Dylan | 142cm | 30cm | 9 |
| Waris | 158cm | 49cm | 11 |
| Brij | 153cm | 45cm | 11 |
| Ishaan | 137cm | 22cm | 8 |
| Shayan | 137cm | 25cm | 9 |



JOKE S

Why did the allergic chef quit their job?
They couldn't handle the seasoning!

Did you hear about the French man who could only count to seven?
He had a Huit allergy.

Why was the bicycle sneezing?
Because it was two-tire.

What do you call a rat with allergies?
Rat a-choo ouille.

What do you call a Roman emperor with bad allergies?
Julias Snaesar.

I think I'm allergic to herbs and spices. I just can't bay leaf in myself.

I told my friend I'm allergic to cheese. He said, "That's not a gouda enough excuse."

What type of chips suffers from allergies?
Nachoos.

Why did the computer catch a cold? It had too many windows open.

Why did the stadium sneeze? Because it had too many fans.