

## Giving babies peanuts and eggs may avoid allergies

27th September, 2016



Many people have a food allergy to things like eggs and peanuts. An allergy to peanuts can be deadly. However, researchers from Imperial College London say that feeding eggs and

peanuts to babies may stop them getting allergies when they are older. The researchers looked at 146 different studies about when children first ate eggs and peanuts. The studies involved more than 200,000 children. The researchers found that if babies aged between 4 to 6 months old ate eggs, they were 40 per cent less likely to get an egg allergy than children who ate eggs later in life. Babies aged four to 11 months old who ate things like peanut butter were 70 per cent less likely to develop an allergy to peanuts.

Researcher Robert Boyle said egg and peanut allergies were the two most common childhood food allergies. Dr Boyle advised parents to be careful when feeding babies eggs and nuts. He said babies should never have whole nuts because they might choke. They should also only have smooth and not crunchy peanut butter. Other common food allergies are to soy, wheat, sesame, fish, and seafood. The researchers say giving these foods to babies one at a time before they become a year old may protect them from allergies. Parents should check their baby's health after each new food. They also say that more research should be done to find the best ages to start feeding eggs and peanuts to babies.

Sources: *WashingtonPost* / *ScienceAlert.com* / *BabyCenter.com*

### Writing

Having an egg allergy is worse than having an allergy to dust. Discuss.

### Chat

Talk about these words from the article.

food / allergy / deadly / peanuts / eggs / researchers / studies / babies / likely / common / childhood / parents / careful / peanut butter / seafood / health / best age

### True / False

- a) The article says most people are allergic to eggs or peanuts. T / F
- b) Researchers looked at 146 different studies. T / F
- c) Researchers looked at data on just fewer than 200,000 children. T / F
- d) Babies who ate eggs were 70% less likely to get an egg allergy. T / F
- e) Egg allergies are one of the most common food allergies for children. T / F
- f) A doctor said it was OK for babies to eat crunchy peanut butter. T / F
- g) Being allergic to soy is quite common. T / F
- h) Researchers want to find out the best age to give eggs to babies. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                    |              |
|--------------------|--------------|
| 1. <b>like</b>     | a. probable  |
| 2. <b>deadly</b>   | b. just      |
| 3. <b>stop</b>     | c. look at   |
| 4. <b>likely</b>   | d. lethal    |
| 5. <b>develop</b>  | e. safeguard |
| 6. <b>common</b>   | f. such as   |
| 7. <b>only</b>     | g. giving    |
| 8. <b>protect</b>  | h. get       |
| 9. <b>check</b>    | i. prevent   |
| 10. <b>feeding</b> | j. usual     |

### Discussion – Student A

- a) Why does the body get allergies?
- b) Are you allergic to anything?
- c) What do you think about what you read?
- d) What do you think of eggs and peanuts?
- e) What do you think of giving peanuts to babies?
- f) What would be the worst allergies to have?
- g) What would an allergy to technology be like?
- h) What can people do to reduce the effects of allergies?

## Phrase Match

- |  |                          |
|--|--------------------------|
| 1. Many people have a food allergy to things   | a. when they are older   |
| 2. An allergy to peanuts                       | b. be done               |
| 3. stop them getting allergies                 | c. likely                |
| 4. The studies involved more                   | d. to be careful         |
| 5. they were 40 per cent less                  | e. like eggs and peanuts |
| 6. the two most common childhood               | f. they might choke      |
| 7. Dr Boyle advised parents                    | g. can be deadly         |
| 8. babies should never have whole nuts because | h. food allergies        |
| 9. protect them                                | i. than 200,000 children |
| 10. more research should                       | j. from allergies        |

## Discussion – Student B

- What do you think of the researcher's advice to parents?
- How difficult is life for people with allergies?
- What do you know about hay fever (the allergy to pollen)?
- How will scientists end all allergies?
- What do you know about asthma?
- What would it be like to be allergic to chocolate?
- How many different things can people be allergic to?
- What questions would you like to ask the researchers?

## Spelling

- An allergy to peanuts can be ddleya
- eraerschre from Imperial College
- looked at 146 different sdsueit
- vniveldo more than 200,000 children
- 40 per cent less leykil to get an egg allergy
- epdelvo an allergy to peanuts
- the two most mncoom
- Dr Boyle eaddsv parents to be careful
- babies should never have lhewo nuts
- they might hekco
- othmos and not crunchy peanut butter
- ecptort them from allergies

### Answers – Synonym Match

1. f	2. d	3. i	4. a	5. h
6. j	7. b	8. e	9. c	10. g

## Role Play

### Role A – Eggs

You think eggs are the worst things to be allergic to. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): dust, penicillin or dogs.

### Role B – Dust

You think dust is the worst thing to be allergic to. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): eggs, penicillin or dogs.

### Role C – Penicillin

You think penicillin is the worst thing to be allergic to. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): dust, eggs or dogs.

### Role D – Dogs

You think dogs are the worst things to be allergic to. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): dust, penicillin or eggs.

## Speaking – Allergic

Rank these with your partner. Put the worst things to be allergic to at the top. Change partners often and share your rankings.

- |              |           |
|--------------|-----------|
| • penicillin | • eggs    |
| • chocolate  | • peanuts |
| • dogs       | • dust    |
| • fish       | • pollen  |

### Answers – True False

a	F	b	T	c	F	d	F	e	T	f	F	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.