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THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE
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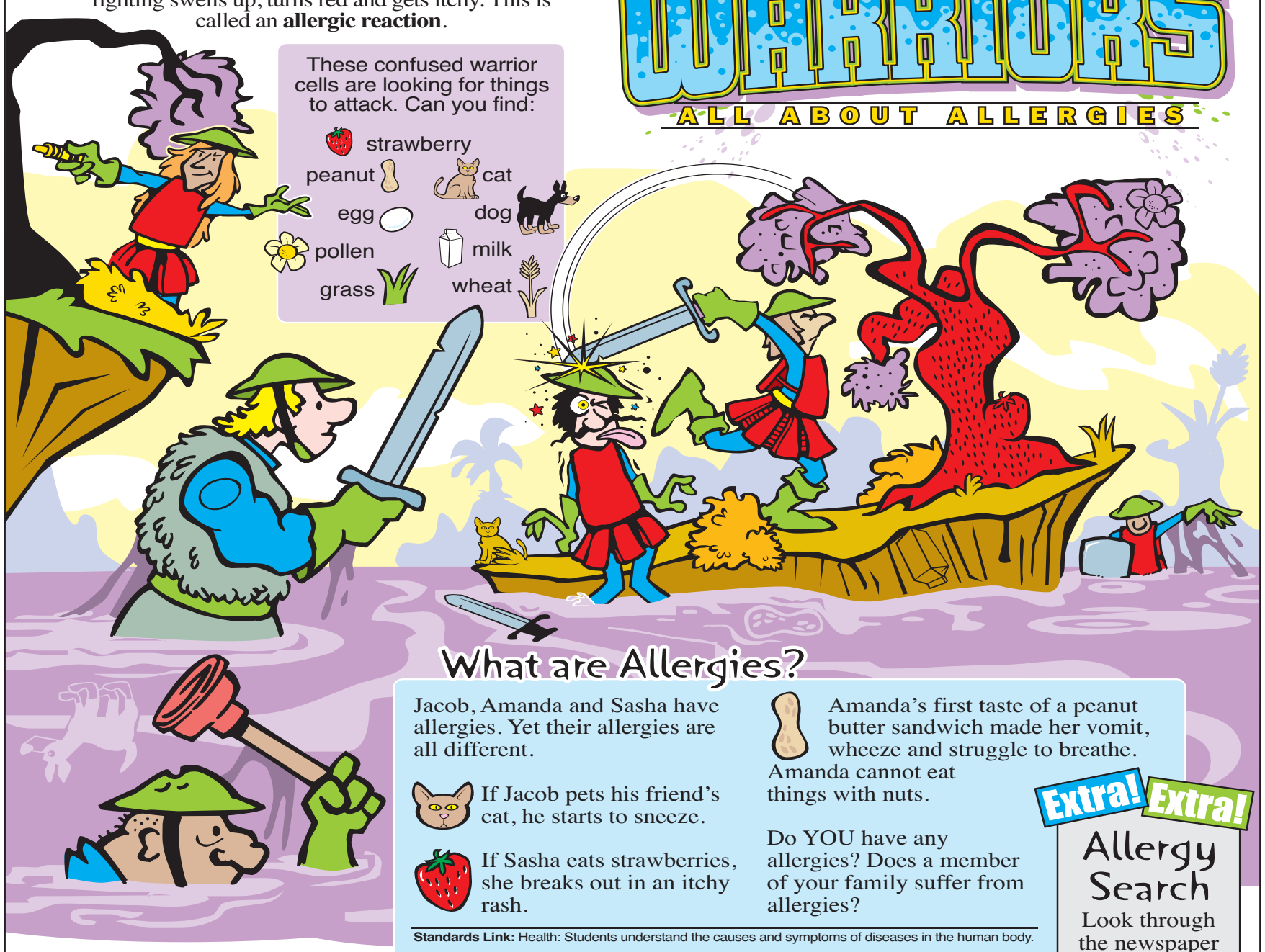
Inside your body are warrior cells that find and attack harmful germs. Some people have warrior cells that get confused. They attack things that are not normally harmful to people, such as pollen, cat dander or mold.

When this happens, the place where the warrior cells are fighting swells up, turns red and gets itchy. This is called an **allergic reaction**.

# The Tale of the CONFUSED WARRIORS

## ALL ABOUT ALLERGIES




## What are Allergies?

Jacob, Amanda and Sasha have allergies. Yet their allergies are all different.

If Jacob pets his friend's cat, he starts to sneeze.

If Sasha eats strawberries, she breaks out in an itchy rash.

Amanda's first taste of a peanut butter sandwich made her vomit, wheeze and struggle to breathe. Amanda cannot eat things with nuts.

Do YOU have any allergies? Does a member of your family suffer from allergies?

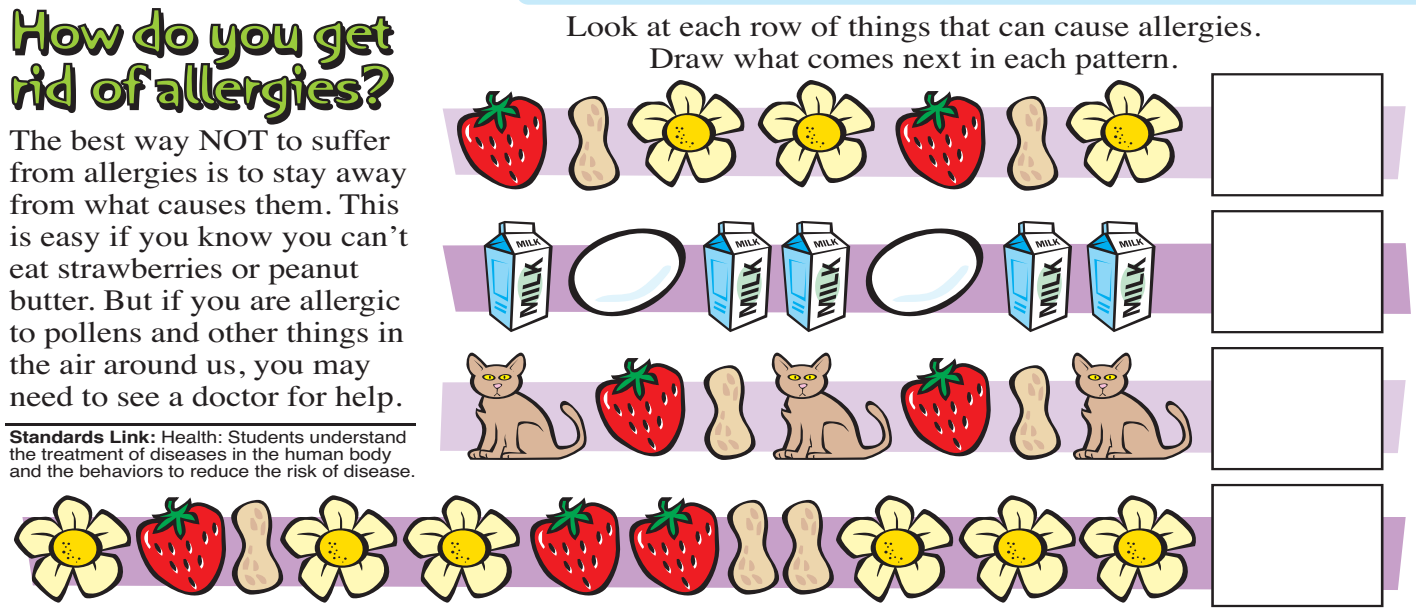
**Standards Link:** Health: Students understand the causes and symptoms of diseases in the human body.

## How do you get rid of allergies?

The best way NOT to suffer from allergies is to stay away from what causes them. This is easy if you know you can't eat strawberries or peanut butter. But if you are allergic to pollens and other things in the air around us, you may need to see a doctor for help.

**Standards Link:** Health: Students understand the treatment of diseases in the human body and the behaviors to reduce the risk of disease.

Look at each row of things that can cause allergies. Draw what comes next in each pattern.




**Standards Link:** Math: Recognize and extend patterns.

## Extra! Extra! Allergy Search

Look through the newspaper to find words or pictures of things that belong in one of the following groups:

- Things we breathe.
- Things we eat.
- Things we touch.

Put a star next to things you know can cause allergies.

**Standards Link:** Science: Investigation: Group objects by common attributes.

## Allergy Sufferer Wins!

In 1996, swimmer Amy Van Dyken became the first woman to ever win four gold _____ in a single Olympics.

Amy has severe _____. When she was a little girl, her allergies caused asthma attacks that often sent her to the _____ room at the hospital. She was so _____ from her asthma that she could not swim the length of a pool until she was 12 years old.

Since that time, new treatments have made it possible for people with allergies and asthma to live more _____ lives. In Amy's case, it helped her go for the _____!

ALLERGIES
GOLD
NORMAL
MEDALS
WEAK
EMERGENCY

**Aaa-CHOO!** A big sneeze blew some words out of this story. Can you find where each word belongs?

**Standards Link:** Reading Comprehension: Use context clues to understand the meaning of sentences.

## Double Double Word Search

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

ATTACK
POLLEN
CAT
CELLS
EGGS
ITCHY
TASTE
ALLERGIC
DOCTOR
WARRIOR
PEANUT
DOG
AIR
SUFFER
MOLD

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

**Standards Link:** Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

## Proof It!

*Are you an eagle-eyed reader? Read the paragraph below and circle the seven errors you find. Then rewrite the story correctly.*

### Breathe Safe

If the air near your home is polluted, their are ways for you to lower you're risk of health problems caused by pollution. You can played outdoors at the times of day when hair pollution levels are lower. In the summer, this is often in the morning or in the evening. Another good way to lower your risk is by taking it easier if me do play outdoors when air pollution levels is high. Also, if your chest ever feel strange or it is hard to breathe, stop playing outside, and tell your parents or teachers.

**Standards Link:** Health: Recognize and practice safe health habits.

## What a Character!™

### Responsibility is ...

... eating right and getting lots of exercise.

## Kid Scoop® VOCABULARY BUILDERS

**This week's word:**
**ASTHMA**

The noun **asthma** means an ailment in which the symptoms include difficulty breathing, wheezing and coughing.

The smoky environment brought on Devon's **asthma** attack.

Try to use the word **asthma** in a sentence today when talking with your friends and family members.

## FROM THE Kid Scoop® LESSON LIBRARY

### Healthy Feels Good

Everyone feels better, even people with allergies, when they eat right, exercise and get plenty of rest. Look through the newspaper for things that are good for your body. Choose three or more things.

**Standards Link:** Health: Students recognize and practice positive health behaviors.

## What happens when you tell a doctor that you are allergic to perfume?

**ANSWER:** You get SCENT to a specialist.

## Write On!

### What if I were allergic to ...

Pick something silly to be allergic to. How would this change your life?

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