

Allergy season can be any season. It depends on what you are allergic to. What if you don't know what you are allergic to? It may be time for an allergy test. *Read about 3 Types of Allergy Tests.* Which would you prefer? If you don't know the meaning of the words in bold, look them up in a dictionary.

Warmup ☀

Brainstorm with your class. What types of things are people allergic to?

*cats... pollen...
dust... dogs...*



Symptoms of Allergies

- itchy eyes
- watery eyes
- dark circles under the eyes
- shortness of breath
- skin rashes
- skin swelling
- digestive problems
- vomiting

Pre-Reading Warm Up Questions ☀

1. How do you know if you have allergies?
2. Have you ever had an allergy test?
3. What types of allergy tests do you know about?
4. How do people feel when they don't know what is causing an allergic reaction.

3 TYPES OF ALLERGY TESTS

Allergy tests help determine which foods, plants, or materials a person is allergic to. It is helpful to have a list of **suspected** allergens. Medical history is also helpful.

1. Skin Test

Doctors place a small amount of an **allergen** on a person's skin (usually on the **forearm**). For the "prick test", a needle with a tiny amount of the allergen is **pricked** onto the skin. Results take about 15-20 minutes. For the "patch test", a small **patch** containing the allergen is applied to the skin for about 48 hours. If a person has an allergy, the skin becomes red and raised.

2. Blood Test

A blood test requires a blood sample from the allergy sufferer. The blood is taken to the lab. The sample is introduced to various allergens. If the person has an allergy, certain **antibodies** form in the blood. The blood test is not as accurate as the skin test.

3. Challenge Test

This is also called the **elimination** test. This is sometimes used for finding food allergies. One at a time, suspected foods are removed from a person's diet. Types of food to eliminate include eggs, milk, or wheat. This type of test can take a long time. A skin or blood test may still be used to **confirm** an allergy.

COMPREHENSION

True or False. If the statement below is true, write T, if it is false, write F. If it is false, correct the information.

1. A blood test for allergies involves placing a patch on the skin. _____
2. Feeling very hot all of the time is a typical allergy symptom. _____
3. It takes about 20 minutes to get results back from a skin prick test. _____
4. There are three common types of tests for allergies. _____
5. The challenge test is often used to isolate food allergies. _____

VOCABULARY REVIEW

Correct the Error: Circle the vocabulary error in the sentences below. Describe the error in the blank spaces below.

1. I am allergy to dust.
2. Antibiotics form in the blood.
3. First elimination milk products. Next, try wheat.
4. The skin will become red and raising.
5. The blood test is not as accurate for the skin test.

1. _____
2. _____
3. _____
4. _____
5. _____

Doctor's Orders



ROLE PLAY

Create a role-play between a doctor and an allergy sufferer. The patient discusses his or her allergy symptoms. The doctor describes three options for allergy testing. Try to use some of the words in **bold** from the reading.

B. Interview with an allergy sufferer. (Homework)

Find someone who has an allergy. Ask the allergy sufferer the following questions. Take notes as you listen.

1. What are you allergic to?
2. How long have you had this allergy?
3. How did you find out you had this allergy?
4. What happens if you eat/breath in/touch this substance?
5. How do you prevent allergic reactions?
6. _____ (Your question)

ALLERGY INTERVIEW RESPONSES

1.

2.

3.

4.

5.

6.

Tell your class about your interview.

Create your own list:

Ten things people are allergic to and how to avoid these allergens.

1. *Chocolate: Don't drink specialty coffee.*

2.

3.

4.

5.

6.

7.

8.

9.

10.

Do you have a blog? Why not use this list for a blog topic? Or, type out your list and share it with us.

Email us at info@esl-library.com.

DISCUSS

What would you rather be allergic to? Why?

- | | | |
|------------------------------------|----|---------------------------------------|
| <input type="checkbox"/> nuts | OR | <input type="checkbox"/> wheat |
| <input type="checkbox"/> milk | OR | <input type="checkbox"/> eggs |
| <input type="checkbox"/> beef | OR | <input type="checkbox"/> chicken |
| <input type="checkbox"/> chocolate | OR | <input type="checkbox"/> strawberries |