

Discussion points for young children

Questions related to Book 3

Q. Can you remember what foods Thai must not eat?

A. Peanuts, Milk, Egg and Shellfish.

Q. Can you share your food at school or kindy?

A. **No** - Some children may have food allergies.

Q. Does anyone know what medicine Thai must carry to school?

A. An auto-injector also called an EpiPen (Anapen, Twinject, Adrenaclick, Auvi-Q and Jext)
Use the name of your child's auto-injector.

Q. Is your medicine called something else?

A. EpiPen, Anapen, Twinject, Adrenaclick, Auvi-Q and Jext.

Q. Do you know what the word dairy means?

A. Foods that are made from milk. Examples - cheese, yoghurt, ice cream, smoothies, butter.

Q. What foods might you find egg in?

A. Biscuits, cakes, custard, mayonnaise, fresh bread, sauces, doughnuts, quiche.

Q. What happens to Thai if he has an allergic reaction?

A. Hives (itchy spots), tingling mouth, swelling of lips, face, eyes, vomiting, swelling of tongue, difficulty breathing, swelling of throat, difficulty talking, wheeze or cough, dizziness or collapse.

Q. What should you do if you see someone having an allergic reaction?

A. Tell a teacher quickly - they need to give them some medicine fast. You can interrupt an adult talking or on the phone - this is an emergency!

Q. Discuss with the class some of the common foods that may contain nuts?

A. Peanut butter, Nuttela, muesli bars, chocolates, biscuits, pesto, ice cream and cereal.

Q. How can we help our friends that have food allergies?

A. Do not share food or drinks at school, wash your hands after eating and tell a teacher quickly if your friend with allergies is feeling sick. Remember to include your friends with allergies at birthday parties and in school celebrations.



Thank you for raising awareness



Books for children with
Food Allergies