

# Discussion points for young children

## Questions related to Book 2



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

A. Nuts, Dairy, Egg and Prawns (shellfish)

**Q. Is it okay for Thai to share food?**

A. **No** - He has food allergies.

**Q. Does anyone know what medicine Thai's mummy always carries for him?**

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. What must Thai and his family remember to carry with them at ALL times in case Thai ever has a serious allergic reaction.**

A. Thai's medicine bag with his EpiPen and Action Plan.

**Q. What has Thai been taught to do at meal times?**

A. Not to share food or drinks.

**Q. What must Finn do after eating his ice cream?**

A. Wash his hands. Ice cream has milk in it.

**Q. If someone offers Thai some food; it may be an adult, can he accept it?**

A. **No** - He has been taught not to accept food from people that don't know and understand all about his food allergies and how to read food labels. Even adults don't realise that many foods can contain ingredients that Thai is allergic to. Hot chips may look safe but they may have been cooked with **peanut** oil or in the same oil that has been used to cook **prawns**. Potato chips often contain **Milk**.

**Q. What does Thai's mummy carry so Thai doesn't miss out?**

A. A treat bag. He can choose something from here if he is offered unsafe food.

**Q. How could we help Thai if he was our friend?**

A. We can wash our hands after eating and not share food. We can also get help immediately if Thai starts to feel unwell.

**Thank you for raising awareness**

