

Discussion points for young children

Questions related to book 4



Q. What foods must Thai never eat?

A. Nuts, Milk, Eggs and Shellfish.

Q. What foods must Estella never eat?

A. Eggs and Wheat.

Q. Is it OK to share your food at kindy or school?

A. **No** - Some children may have food allergies. Your food can make them sick.

Q. What is the name of the medicine that Thai and Estella take to kindy?

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

Use the name of your child's auto-injector. Only a teacher is allowed to touch this.

Q. Do you know what dairy means?

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

Q. Thai and Estella can't eat eggs. What foods have egg in them?

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

Q. Estella is allergic to wheat. What foods have wheat in them?

A. Biscuits, cakes, bread, pasta, pizza, pancakes, crumbed food, chocolate, breakfast cereals.

Q. What happens to our bodies when we have 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 the teacher quickly. They need to give the person some medicine fast. You can interrupt an adult talking or using the phone. This is an emergency!

Q. Why do we wash our hands after we have eaten at kindy or school?

A. So food is not passed onto toys, door handles and desks. This keeps other children safe.

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

A. Do not share food or drinks at kindy or 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 at kindy celebrations.



Books for children with
Food Allergies

Thank you for raising awareness