

Discussion points for young children

Questions related to Book 1



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. Can Thai still go to Birthday Parties and have fun?

A. **Yes** - He is just the same as everyone else; he just has to bring his 'safe party food' including a 'safe cake'.

Q. Do you think chocolate biscuits are safe for Thai to eat?

A. **No** - Most chocolate biscuits have dairy or nuts in them. Thai's mummy could make him some **safe** biscuits without these foods in them.

Q. When Thai leaves the party he is given a party bag with balloons and lollies in it. The lollies do not have the ingredients written on the packet, so Thai's mummy does not know what the lollies are made with? Can Thai eat the lollies?

A. **No** - Thai's mummy doesn't know what the lollies are made with, Thai cannot eat them. They may contain traces of milk or nuts. His mummy can swap them for some **safe** lollies.

Q. How could we tell if Thai is having an allergic reaction?

A. He might have - hives/itchy spots on his body
- stomach pain and be sick
- swelling of his lips, face and eyes
- a bad cough.

A serious reaction is called **Anaphylaxis** - Thai may have difficulty breathing, he may faint or have swelling of his tongue.

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. How could we help Thai if he came to this childcare centre or school?

A. We can wash our hands after eating and not share food or drinks.



Books for children with
Food Allergies