

# Discussion points for young children

## Questions related to Book 6

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

**A.** Peanuts, Milk, Egg and Shellfish.

**Q.** Are you allergic to anything?

**A.** Food? Pollen? Medicine? Latex? Insects?

**Q.** What is the name of the medicine that Thai always carries?

**A.** An EpiPen

**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. Can you think of examples? Cheese, yoghurt, ice cream, smoothies, butter. Many foods also contain milk as part of the ingredients.

**Q.** What happened to Thai's body when he had an allergic reaction?

**A.** Red face, sweating, sneezing, watery sore eyes, coughing, sore throat, funny sounding voice, worried feeling and felt like he couldn't breathe.

**Q.** Can allergic reactions be different each time?

**A.** Yes

**Q.** Name some symptoms that may happen if someone is having an allergic reaction?

**A.** Hives (itchy spots), tingling mouth, swelling of lips, face, eyes, tongue and throat. Vomiting, difficulty breathing, 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 or adult quickly. They need to be given some medicine fast. You can interrupt an adult talking or on the phone. This is an emergency!

**Q.** What number do you call for an ambulance?

**A.** Australia - 000 NZ - 111 UK - 999 USA - 911 Canada - 911

**Q.** How can we help our friends who 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.



Books for children with  
Food Allergies



The above are suggestions only.  
Any medical advice should be sought from your doctor  
**Email: [info@myfoodallergyfriends.com](mailto:info@myfoodallergyfriends.com)**  
**[www.myfoodallergyfriends.com](http://www.myfoodallergyfriends.com)**