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## Discussion Points

### Questions related to Book 2

- **Q. Can you remember what foods Thai is allergic to?**
- A. All Nuts, Dairy, Egg and Shellfish
- **Q. Is it okay for Thai to share food?**
- A. **No** - He has food allergies.
- **Q. Does anyone know the name of the medicine Thai's mum 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 share food or drinks and to get his food checked by his mum or dad.
- **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 and safe food. He can choose something from here if he is offered unsafe food.
- **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 kindy or school, wash your hands after eating and tell a teacher quickly if your friend with allergies is feeling unwell. Remember to include your friends with allergies at birthday parties



The above are suggestions only. Any medical advice should be sought from your doctor  
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