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of educational
allergy resources

Discussion Points

Questions related to Book 4

- **Q. What foods must Thai never eat?**
- A. All Nuts, Dairy, Egg 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 foods mean?**
- 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 are made with wheat?**
- 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.



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