

SMALL VOICE BIG DIFFERENCE

UNDERSTANDING FOOD ALLERGIES TOGETHER

Some children have food allergies. Some don't.

But everyone can learn how to help keep their friends safe. This is important at school, at parties, in the park or anywhere where there might be food around.



WHAT IS A FOOD ALLERGY?

"A food allergy happens when **your body's immune system mistakes a food for something dangerous**. Even though that food is safe for most people, your body works extra hard to protect you."

IT'S BRILLIANT THAT EVERYONE IS DIFFERENT...



Some children wear glasses...

Some children use inhalers...



Some children wear hearing aids...

Some children use wheelchairs...



And some children have food allergies and need to be careful around food.



MY FRIEND HAS AN ALLERGY. WHAT CAN I DO?

- ✓ Wash my hands after eating
- ✓ Never tease someone about their allergy
- ✓ Never pressure someone to "just try it"
- ✓ Never swap snacks
- ✓ Tell a grown-up if my friend feels poorly
- ✓ Include everyone



REMEMBER TO ASK
PLENTY OF QUESTIONS
QUESTIONS KEEP US SAFE.
QUESTIONS ARE BRAVE.
QUESTIONS ARE NEVER SILLY!



FOOD ANAGRAMS

Can you unscramble the foods listed here?

1



SEE CHEER GRUB

2



THE PIG SAT

3



HOT LACE CO

4



STARRY BREW

5



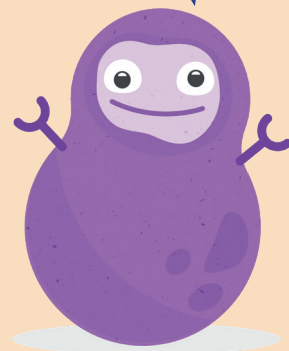
MICE ACRE

6



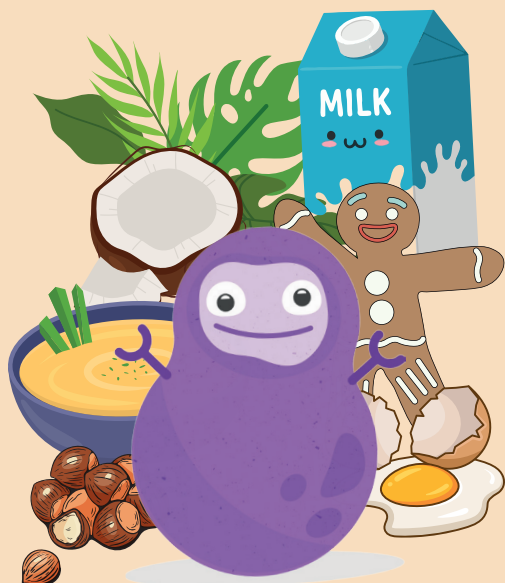
FIND HIS CHAPS

These can be tricky! You can ask a grown up to help you.



SPOT THE DIFFERENCE

Can you find the **six** differences between the two pictures of Marcell and the foods?



FOOD ALLERGIES DON'T ALWAYS LOOK THE SAME...

"My mouth feels funny."

"My voice sounds different."

"My throat feels tight."

"My lips feel tingly."

"I feel itchy."

"My tummy hurts."

"I feel like something isn't right."

"I keep coughing."



Can you colour in these allergens?



ALMOND



SESAME



HAZELNUT



MACADAMIA



PEANUT



WHEAT

YOU CAN'T ALWAYS SEE AN ALLERGY, BUT ALLERGIES ARE REAL



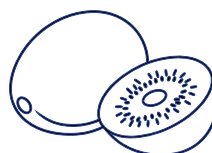
COCONUT



PEAS



PISTACHIO



KIWI



WALNUT



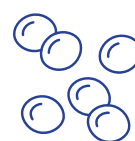
CHICKPEAS



BRAZIL NUT



SUNFLOWER SEEDS



LENTILS

Share a photo of your little advocate enjoying their activity pack, and tag us @Allergycentreofexcellence to join our Small Voice Big Difference gallery!

