

Some of My Friends Have Food Allergies



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I can share toys with my friends, but I can't share food because some of my friends have food allergies.

An allergy to food means that a food I can eat makes my friends sick if they eat the same food.





One friend is allergic to milk and gets an itchy rash when she drinks milk or eats something that is made with milk. It's not fun to have a rash.

**NO, no, no!
That food has got to go!**





Another friend is allergic to peanuts. I can eat peanuts, but my friend can't. No one in our school can bring a peanut butter and jelly sandwich to school for lunch. If friends who are allergic to peanuts eats one or even get close to a peanut, he may get sick and need to take medicine.

**No, no, no!
That food has got to go!**





My friends are learning what they can eat and what they can't eat. They also have a plan to be safe. One of my friends wears a Medical Alert Bracelet that lists the foods he is allergic to.

Another friend wears a necklace with medicine inside that an adult can give him if she eats a food she is allergic to.





My friends are learning to tell people they have food allergies. At school, the teacher knows my friends can't eat some foods. Food allergies are why we can never share our food.



I can help my friends who have food allergies by understanding their problem.

I can help my other friends to understand what it means to have a food allergy.





When my friend who has food allergies comes to play at my house or comes to my birthday party, I can tell my parents about her food allergies. My parent will talk to her parent to understand what foods are safe for her to eat.



Even though my friends are allergic to some foods, if they pay attention to their allergies, they can enjoy many wonderful things to eat.



**Food allergies are never fun.
But, being with friends is a lot of fun!**