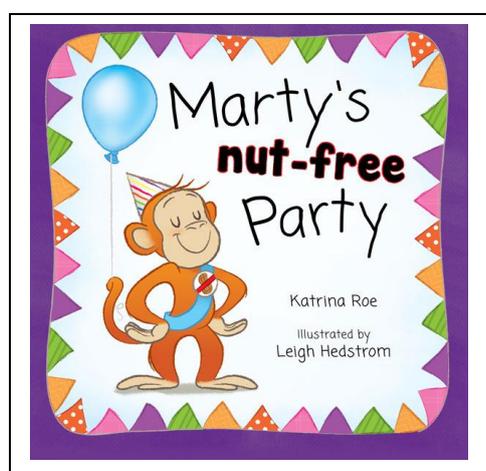


Teacher's Notes and Ideas

Prepared by Wombat Books



Marty's Nut-Free Party

By Katrina Roe

Illustrated by Leigh Hedstrom

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Recommended Retail: \$19.95

Recommended Age: 3 to 7 years

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Introduction

Marty's Nut-Free Party is a story about a cheeky monkey who loves to party. Unfortunately, Marty finds out he is allergic to peanuts and parties are no longer fun or safe for Marty. Marty and his friends have to find a way to make their parties safe and fun for everybody.

This book is relevant to all children with food allergies, not just those who are allergic to peanuts. It teaches the child how to manage their food allergy, but more importantly it will be a good resource to help allergic children and their families educate their extended families, friends, teachers and carers as to how to take good care of children with food allergies.

Marty's Nut-Free Party focuses less on the pragmatic side of peanut allergy and more on the social issues it raises. For young children, birthday parties are the highlight of their year, but they can also be very stressful for allergic children and their families. It is hard to have fun when you always have to worry about what you put in your mouth. Also, as young children are messy eaters, with little hands dipping in and out of food bowls, the potential for cross contamination is enormous.

As the mother of a peanut allergic child, Katrina Roe wrote this book to help other families understand what it is like to be the allergic child who is often left out at birthday parties and Easter Egg hunts because the food isn't safe for them. The author feels that while the child's health and safety is primarily the responsibility of the child and their family, life is so much less stressful when others go the extra mile to accommodate the needs of the allergic child.

The same principles can be applied to other children with special needs, whether they have a disability, autism, learning difficulties, ADHD, etc.

Story Summary

Marty loved to party.

However, parties became difficult for Marty after he found out he was allergic to peanuts. Marty's doctor told him he couldn't eat peanuts anymore, but Marty found it hard to accept.

Why was the doctor being so mean?

When Marty's friend Emily had a birthday party, all the other animals were eating peanuts and they kept offering them to Marty.

It was hard to say no. Finally he could stand it no more. 'I'll just have one,' Marty thought. 'Mum will never know.'

The next day Marty woke up in hospital. Mum told him he could not go to another party until he had learned to say 'no' to peanuts. Marty missed out on Little Lion Luke's birthday party and Zac the Zebra's Easter Egg hunt.

Then Gemma Giraffe had a party. Marty and Gemma begged his Mum to let him go. Marty was very good at the party and only ate the special nut-free foods his Mum had packed for him. Then when the cake came out, it was covered in peanut sprinkles. Marty began to cry. Gemma Giraffe said she would pick off all the peanut sprinkles for him. Marty gobbled down the cake.

The next day, Marty woke up in hospital.

There must have been a trace amount of peanut left on the cake. (This teaches children about 'traces of nuts'.) Finally the next party was Marty's. Marty and his Mum decided to throw a nut-free party. They will make it the best party ever, so that nobody will notice there are no nuts.

All Marty's friends came to the party and had a great time. Everybody said it was the best party ever, even if it was nut-free.

Marty's friends realised their parties just hadn't been the same without Marty. Gemma suggested they should make all their parties nut-free so Marty could safely enjoy them too.

It just wasn't a party without Marty!

Key Learning Areas

Food allergies

Health and safety

Values Addressed/Themes

Child protection

Friendship

Caring for one another

Problem solving

Birthday parties

Having fun

Useful Websites

www.allergyfacts.org.au

www.foodallergyaware.com.au

www.paediatric.com.au

Top Five Tips for Entertaining for Food Allergies from Anaphylaxis Australia

With one in ten children¹ now developing a food allergy, being conscious of what you are buying and how you prepare food is more important than ever. Take note of these Five Tips for Food Safety, presented by Anaphylaxis Australia (www.allergyfacts.org.au), and make sure that you're not the odd one out when it comes to food safety!

1. Know the Nine: It isn't widely known, but when it comes to food allergies, 90% of reactions are caused by only nine foods. Take the time to know what foods are most likely to cause a reaction, and try to avoid them where possible, or let your guests know if any of these foods are present in a dish. The nine foods to be aware of are milk, egg, peanut, tree nuts (eg. cashew, almond, walnut), fish, shellfish (eg. prawn, crab, lobster) soy, wheat and sesame.

2. Less is more: Keep recipes simple. Don't add extra sauces, dips or marinades where possible, and make sure you know exactly what makes up each dish. If you plan to barbecue, remember that ready marinated meats may contain allergens.

3. Fresh is best: By buying fresh ingredients you know exactly what you are getting. Processed foods often contain many ingredients sourced from several suppliers. Although all packaged foods must be labelled there is less room for accidents if you are using fresh ingredients. Simple to prepare, fresh foods are often safest for those with food allergy.

¹ Osborne et al. Prevalence of challenge-proven IgE-mediated food allergy using population-based sampling and predetermined challenge criteria in infants. *J Allergy Clin Immunol* 2011; 127: 668-676

4. Read the label: This one is as simple as it sounds, and although it may be a little time consuming, it is worth the investment. Read the label so that you know what you are getting. Look for food labels each and every time you purchase packaged food. If there is no label, ask the person serving the food about allergen content and safety during preparation. This way, you can have the most confidence about the contents of what you buy. By remembering to always read or ask about food content every time, you can avoid any unpleasant surprises. For instance, did you know that ham from the deli is often glazed with egg?

5. The guest knows best: Check with your guests to see if they are allergic to anything. They'll be happy you asked, and if you do have a guest with a food allergy, find out what products they trust and then keep all labels so they can read them too.

By sticking to these five simple tips, you can help make sure that your party is remembered for all the right reasons!

Wacky Cake Recipe (Nut-free, egg-free, dairy-free)

Ingredients

1 ½ cups plain flour

1 cup sugar

1 cup cold water

3 tablespoons cocoa (Some brands of cocoa contain traces of nuts or milk. Check that the brand you are using does not contain a nut warning.)

5 tablespoons vegetable or canola oil

1 teaspoon bicarb soda

1 tablespoon white vinegar

1 teaspoon vanilla

½ teaspoon salt

Method

Sift dry ingredients. Add together in order and mix with a wooden spoon. (No need to use an electric mixer).

Bake in a moderate oven for 30 minutes.

Can also be used to make cupcakes.

To make butter icing that is dairy free, use a dairy free margarine, such as Nuttalex, instead of butter.

About the Author



Katrina Roe is an author and radio presenter.

Most recently she was host of the morning show on Sydney's Hope 103.2 radio (www.hope1032.com.au) before leaving to have her second baby.

Katrina also has a successful parenting blog (www.frommouthsofbabes.com).

Marty's Nut-Free Party is her first children's book. Her second, *Same*, will also be published by Wombat Books.

Katrina has also contributed to two inspirational anthologies, *All Creation Sings: Psalms of Everyday Christians* and a book about miscarriage called *In God's Hands: Overcoming Miscarriage in a Broken World*.

In 2009, she completed her Masters in International Relations, just for fun! Katrina also likes kayaking, bushwalking, reading novels, taking holidays, listening to music and hanging out with friends. She's adamant that tea should always be made in a pot and she has a definite weakness for soft cheese.

She lives in Sydney with her two young daughters and her husband Chris

About the Illustrator



Leigh Hedstrom, also known as Flee, is a Sydney based freelance illustrator with an education in Fine Arts.

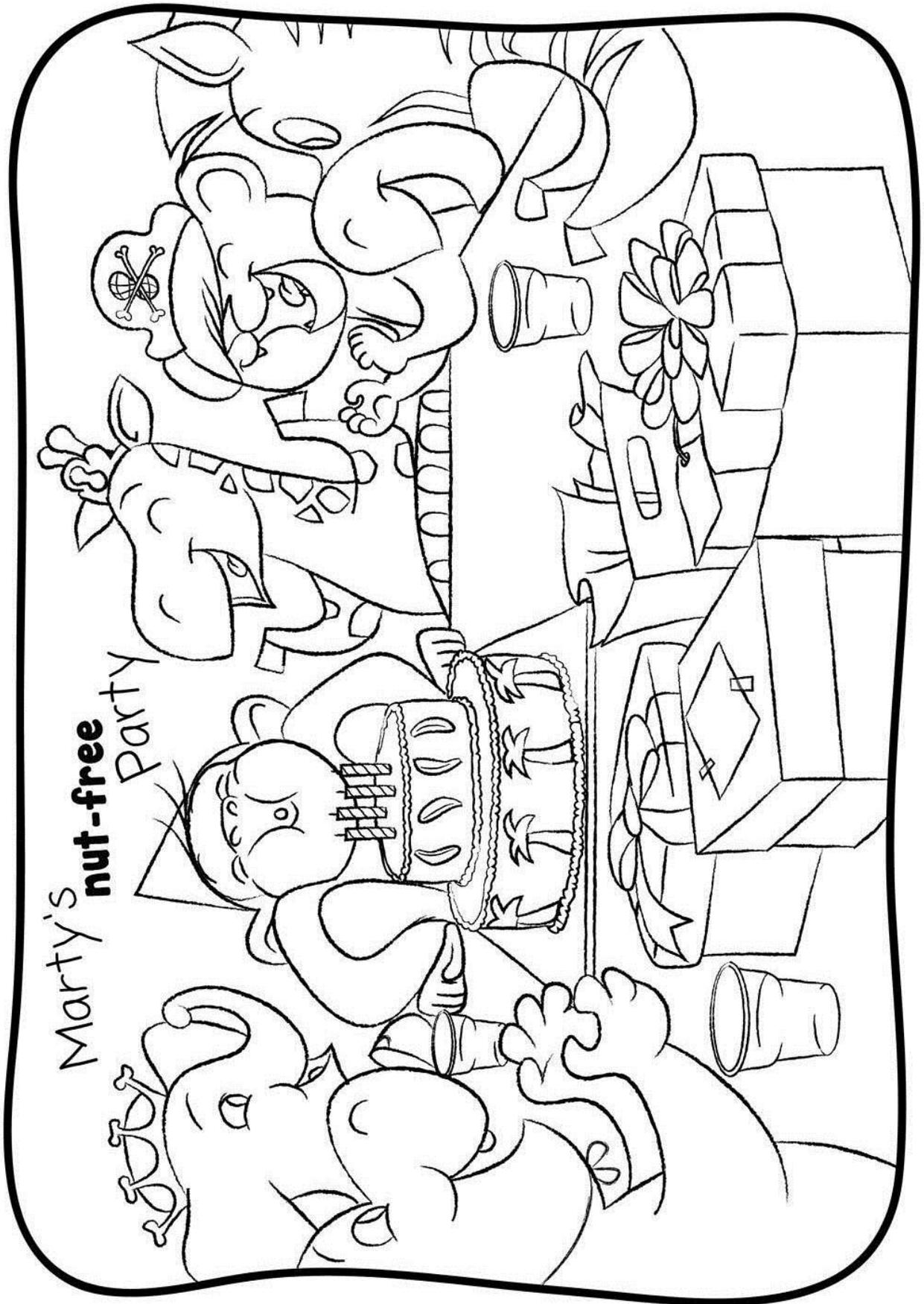
She lives in an 'arty' household with husband Ben Hedstrom (art teacher, painter and recent Archibald Prize finalist) and their five year old son, James.

With over ten years of experience illustrating for educational and children's media, Leigh specialises in the creation of appealing characters for print, web, animation and advertising.

Marty's Nut-Free Party marks Leigh's first venture into hardcover picture books.

Discussion Questions

1. Who loves birthday parties? What kinds of things usually happen at a birthday party?
2. What are some of your favourite party foods?
3. Does anybody in the class have a food allergy? If so, what are you allergic to?
4. (If nobody in the class has a food allergy, do they know somebody with a food allergy?)
5. What happens when you/they accidentally eat the food you/they are allergic to?
6. What happens to Marty when he eats a peanut?
7. Was it a good idea to pick the peanut sprinkles off the birthday cake? Why or why not?
8. Sometimes when you read a packet of processed food (biscuits, chocolate, lollies, bread, ice cream, etc) it will say, 'May contain traces of nuts'. Does anybody know what this means?
9. If there is an allergic child in the class, how do they feel about being allergic to that food? How do they feel when everybody else is eating something they can't eat? Have they ever felt worried about eating a certain food?
10. What can Marty and his friends do to make their parties safe and fun for everybody, including Marty?
11. What could you do next time you have a birthday party to make sure everyone is safe and included?





Marty's
nut-free
Party

