

LEVELED Book • K

🔊
**I'm Allergic
to Peanuts**



Written by Gabrielle Fimbres

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Millions of people are **allergic** to **peanuts** or other foods. Peanuts can make some people very sick, like Dominic C. He is nine and plays shortstop for his baseball team. He also enjoys playing with his dog, Lucky, and his sister, Maggie.



Interviewer: How old were you when you found out you had a peanut allergy?

Dominic: I was two. I was in a toddler class, and I ate a cracker with peanut butter. My face swelled up.



Interviewer: What happens to you now if you eat a peanut?

Dominic: I haven't had peanuts since then. The doctor warned me it might kill me because it was so bad the first time.



Interviewer: Can you get sick if someone near you has peanuts?

Dominic: Once on a field trip, a mom in the car was eating an energy bar. I started to wheeze and got really hot.



Interviewer: What is your plan if you eat peanuts by accident?

Dominic: I would use an EpiPen.



🔊 Interviewer: What is an EpiPen?

Dominic: It's like a pen with a needle in it. You stick the needle in your leg for ten seconds, and it gives you medicine.



Interviewer: Do you keep an EpiPen with you?

Dominic: I take an EpiPen to lunch every day. I store it in a cooler bag because it can't get hot. I take it on field trips. My mom keeps one in her purse, and there is one at home.



Interviewer: How can you tell if something has peanuts in it?

Dominic: I look at the list of ingredients. If it doesn't have a label and it might have peanuts, I don't eat it.

This Is a Nut-Free Classroom



Please do not bring **peanuts, tree nuts**, or any products that might contain them into this room.

Thank you for keeping our students safe!



Interviewer: Does your school have rules about not bringing peanuts?

Dominic: There isn't a rule, but all of the kids in my class know. Last year, the teacher put up a sign that said it was a nut-free classroom. We don't share food.



Interviewer: What do you tell your friends about your allergy?

Dominic: They all know about it. For the baseball team, my mom tells other parents.



Interviewer: What do you and your family do to keep you safe?

Dominic: We have the EpiPen. We always read labels and tell my friends about my **allergy**. At restaurants, I order things that don't have peanuts. My mom makes sure the food isn't cooked in peanut oil.



🔊 **Interviewer:** What is the hardest thing about having a peanut allergy?

Dominic: I don't get to eat things that other people do, like peanut butter cups.



Interviewer: What would you like other kids to know about your peanut allergy?

Dominic: It's okay having a peanut allergy. I just have to be careful and read a lot of labels.

Glossary

allergic (<i>n.</i>)	having an allergy to a substance (p. 3)
allergy (<i>n.</i>)	a medical condition that causes a person to have a bad reaction to a normally harmless substance (p. 13)
ingredients (<i>n.</i>)	food items that go into a dish or recipe (p. 10)
medicine (<i>n.</i>)	a drug or remedy used for treating an illness or condition (p. 8)
peanuts (<i>n.</i>)	the oval seeds of a plant in the pea family that are often eaten as a snack (p. 3)
wheeze (<i>v.</i>)	to make a rattling or whistling sound while breathing as a result of partially blocked air passages (p. 6)

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