

Recognise food allergy symptoms

Examples of how young children with food allergies might communicate their symptoms.

- 1 It feels like something is poking my tongue.
- 2 My tongue (or mouth) is tingling (or burning).
- 3 My tongue (or mouth) itches.
- 4 My tongue feels like there is hair on it.
- 5 My mouth feels funny.
- 6 There's a frog in my throat.
- 7 There's something stuck in my throat.
- 8 My tongue feels full (or heavy).
- 9 My lips feel tight.
- 10 My throat feels thick.
- 11 It feels like a bump is on the back of my tongue or throat.

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