

Foods That Keep Me Safe

A social story for Kairav — Understanding food allergies and asking before eating new foods



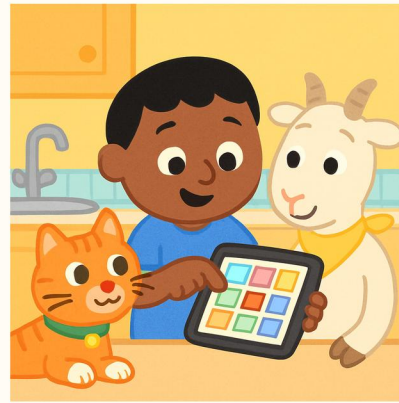
1

My body is special. Some foods can hurt me.



2

Peanut makes my mouth feel itchy and red. That means no eat.



3

Before I eat new food, I can ask. I tap my Avaz to say allergy.



4

The grown-up checks the food for me. If it has peanut, I say no thank you.



5

Safe foods keep my body happy. I feel good when I ask first.