

Story

Teddy's Birthday Party Adventure



Once upon a time, in a little town nestled between green hills and tall trees, there lived a cuddly teddy bear named Teddy. Teddy was just like every other bear his age. He liked football, friends and fun - except he had an egg allergy, which meant that he had to be extra careful about what he ate.

Question

Why do you think Teddy has to be careful about what he eats? What do you think might happen to Teddy if he accidentally ate egg?

One afternoon, Teddy received a special invitation. It was for his friend Molly Mouse's birthday party! Teddy was thrilled. He loved parties. He put on his best bow tie and grabbed his favourite party hat, ready to celebrate.

Question

How do you think Teddy feels about being invited to the party?

Arriving at the party, Teddy's heart danced with excitement as he saw decorations and heard laughter from the garden. He gave Molly a big hug and a beaming smile. But then, Teddy noticed something that he hadn't thought about before: the food.



Molly's mum and dad had laid out a delicious spread of snacks and treats, but Teddy hesitated. He knew he had to be careful, because even a tiny bit of egg could make him very sick.

“Are the snacks safe for me to eat?” Teddy asked Molly, his face turning sad. “Do you know if anything has eggs in it?”

Molly looked uncertain and said, “Gosh, I'm not sure, Teddy. Here, these breaded chicken nuggets are probably ok. I can't see any egg sandwiches or anything on the table though. So, if there are some in one of the cakes, it'll only be a little bit. That'll be ok, won't it?”

Teddy's eyes widened. “No, Molly,” he explained gently. “Even a little bit of an egg in a cake could make me really unwell.”

Question



How do you think Teddy feels about the party food?



Molly promised to help Teddy find some safe food to eat. She went straight to her dad, who was busy preparing more snacks in the kitchen. When Molly told him about Teddy's allergy, he went to the cupboard and found all the boxes that the snacks came in. Carefully, he went through all the ingredients to see if there were any snacks that hadn't used egg as an ingredient.

Teddy looked back at the party and could see all the children starting to play a game of pass the parcel, and realised that Molly was missing out on her party. He nudged her and whispered, "Honestly, don't worry Molly, I'm not that hungry anyway."

But Molly replied, "It's ok Teddy, we'll find some food for you to enjoy and then we'll join the games together. This is important."

Question



How is Teddy feeling now?

"Yes!" squeaked Mr Mouse. "Here we are..." He gave Teddy some snacks that didn't use egg as an ingredient and they looked YUMMY. Teddy took the plate of snacks, thanked Mr Mouse, and added the chicken nuggets Molly had given him. Quickly, he and Molly ran back to join in with the party games.

Question



How is Teddy feeling now?



After the party games, all the children dashed to the table to enjoy the food and birthday cake. Teddy grabbed his plate of safe snacks from Mr Mouse. As he went to sit down, there was a loud PPURFFT noise. Everyone burst out laughing. Teddy had forgotten he'd put down the whoopee cushion he'd won during pass the parcel!

The children's giggles were so loud, Teddy couldn't hear what Molly was saying to him. But he noticed she had put a delicious looking cupcake on his plate. He looked at Molly and smiled.

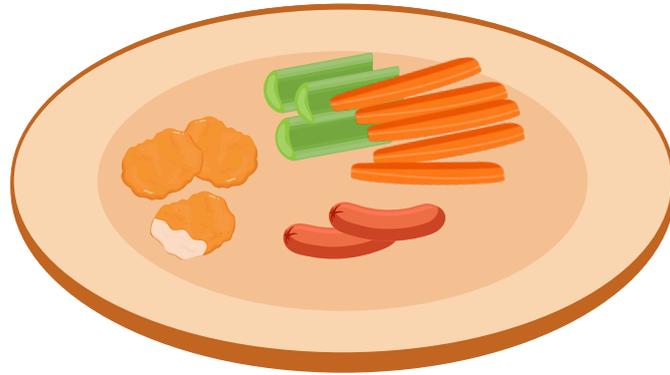
Question

What do you think Teddy will do now?

Teddy's heart warmed, and he said "Thank you so much Molly, that's really kind of you, but it's safer for me to not share food. I can only eat what I know doesn't have any egg in it. I'll stick to what your dad gave me."

Molly held her hands up to her mouth and said "Oh Teddy, I'm sorry again! I'm so lucky that I don't have to worry about what I eat. It must be hard to always have to remind forgetful people like me. I promise I will try harder!"

Teddy shrugged his shoulders, smiled and took a bite from the chicken nugget.



“It’s ok. I have to always be careful when I’m around food. I’m really grateful you understand. Now I think another game’s about to start and I want to be the winner!”

Just then, Teddy felt a strange sensation in his mouth. It began to itch and tingle. Fear surged through him as he realised what was happening – he was having an allergic reaction. He suddenly looked very scared.

Molly, sensing something was wrong, rushed over to Teddy’s side. “Teddy, are you okay?” she asked.

Teddy shook his head, his eyes wide as he remembered he hadn’t checked the chicken nugget package. “I think the nuggets might have had eggs in it,” he said as he rubbed his lips. “My lips feel like they are starting to tingle.”

Molly's heart raced as she looked around for help. She spotted Teddy's mum talking to her dad at the door. She must have just arrived to pick him up. Molly called out to them.

Teddy's mum rushed over and quickly gave Teddy some medicine. Very calmly, Teddy's mum said, "Let's see if this antihistamine medicine takes down the reaction." She held his paw tightly, reassuring him that everything would be ok.

After what felt like hours, Teddy's symptoms began to pass. His mouth stopped tingling and his lips stopped itching. Everyone was relieved – he was going to be ok.

Question

Why can't Teddy eat the chicken nugget? How do you think Teddy feels now?

But the scare served as a reminder to Teddy and everyone else about the importance of being aware of food allergies. With Teddy feeling better, they all returned to the party for one last game of musical statues.

To Teddy's delight, he came first and received a box of cookies as his prize. But as he looked at the cookies, he realised that he probably couldn't eat them and handed them to Harold, who came second.

Scene 4



Just then, Molly appeared and handed Teddy a beautifully wrapped present: a book about good friends, just like them. Teddy's eyes sparkled with joy, realising that good friends are even sweeter than cookies.

"See, I told you I was going to try harder," said Molly. And so, the party came to an end to an end, filled with laughter, games, and the warmth of friendship.