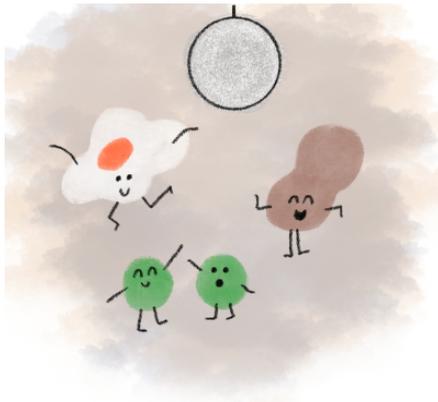


# *I ALMOST DIED EATING A PEA!*

## *Chapter Two*



By Chris Soul

With illustrations by Rosie Soul

Raising awareness for Anaphylaxis UK as part of Chris Soul's London  
Marathon 2024 fundraising:

<https://2024tcslondonmarathon.enthuse.com/pf/chris-soul>

**Chapter One:** <https://www.chrissoul.co.uk/i-almost-died-eating-a-pea>

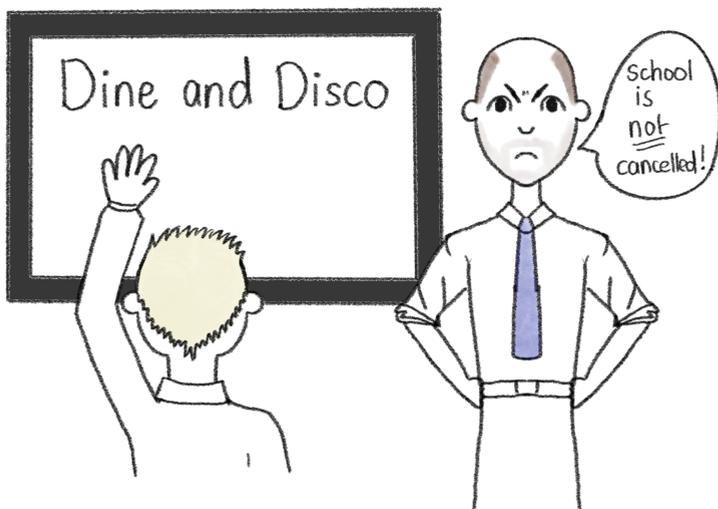
## Chapter Two

“Right Year 4, I have an announcement to make!”

No-one was listening so Mr Benson, my teacher, clapped his hands. We clapped back. Eventually we stopped talking.

“Year 4, you better listen carefully because you’re going to *love* this.”

“Is school cancelled?” Ryan shouted out from his own table at the front. Ryan is the class troublemaker. He has no respect for the rules.



“No, Ryan. School isn’t being cancelled. Please remember not to call out. Instead, there are going to be after school dinners and

discos to celebrate the opening of our newly refurbished school kitchen!"

**"DISCOS!"** The class erupted into excited chatter.

Mr Benson held his hand up and waited for silence.

"Each year group is going to have its own disco in the hall.

The catering company is going to create a **feast** so you can all test out the new meal options and celebrate our wonderful new kitchen. **Dine and Disco!"**



I gulped.

*Dine and Disco? Test out the new meal options?*

Twisting my lip with worry, I glanced over at my friend, Shariah. But she just looked way too excited - her eyes were bursting out from her glasses.

Mr Benson also looked very excited. He'd been one of the teachers on the advisory team when they put together the re-designs for the new kitchen.

"The date of our Year 4 Dine and Disco is the last Friday of this month. Three weeks away. Details will go out in the school newsletter today so encourage your parents to check."

*Three weeks? My stomach twisted.*

### *What about my allergies?*

I put up my hand. But Mr Benson was already clapping for silence again, before getting the slides ready for our next lesson.

At break time, Shariah and my other friend Wayne, bounded up to me, eyes wide, arms flapping about in glee.

"Susie, Dine and Disco! Whoop!" Shariah said. "Isn't this the best? We haven't had a disco or anything like this in, like, ever! And it's perfect timing..."

"I'm going to bust out my robot dance! Check it."

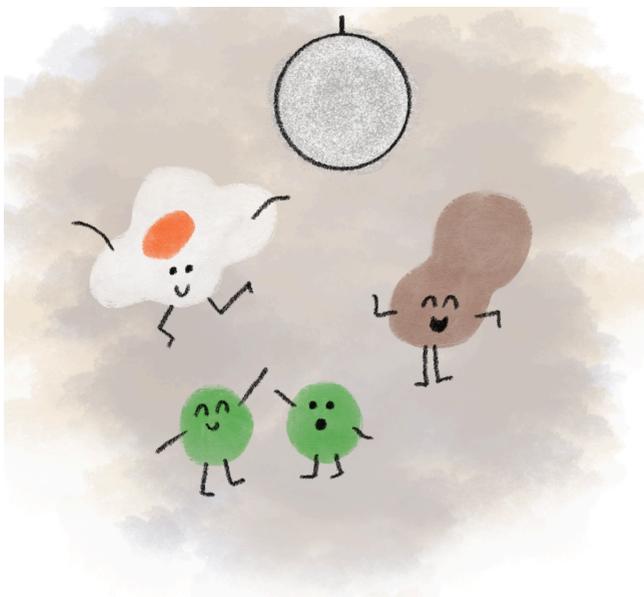
Wayne did like the worst robot dance slash moonwalk I'd ever seen in my life. Normally it would have caused me to burst out laughing. But not today.

"What?" Wayne said. "My dancing that bad it's made you grumpy?"

I crossed my arms and sighed. "You don't understand." I felt tears brimming up behind my eyes. I chased them back down.

"What is it, Susie?" Shariah put an arm around me and stared into my face, all frowny.

"Dine and Disco, guys," I said. "How can I possibly go to that?"



Wayne pouted in confusion. “I thought you liked dancing. You go to Street Dance Club, don’t you?”

I rolled my eyes. “Yeah. I do. It’s not that... Ergh! *Dine* and Disco. Dining. Food.”

“Ohhhh. Your allergy thing,” Shariah said.

“**Allergies**, Shariah. Plural. You know I have more than one, yeah? Mr Benson said nothing about what they’re doing for kids like me with allergies. How can I possibly go? *Me* test out the menu?”

Shariah thought about this for a moment. Then she looked annoyed. Sometimes Shariah gets like this. She scrunches up her face into a big angry knot.

“But you didn’t hear me out!” Shariah practically spat. “Year 4’s Dine and Disco is perfect timing cos it’s on the same day as my birthday. You have to come, Susie!”

I gulped, even harder than before. My stomach panged with pain. Not just because I was worried about the food situation at the Dine and Disco. But because it could come in-between me and Shariah’s friendship.

*What was I going to do?*

## Susie's Guidebook to Allergies and Anaphylaxis Part 2 Non-Food Allergens



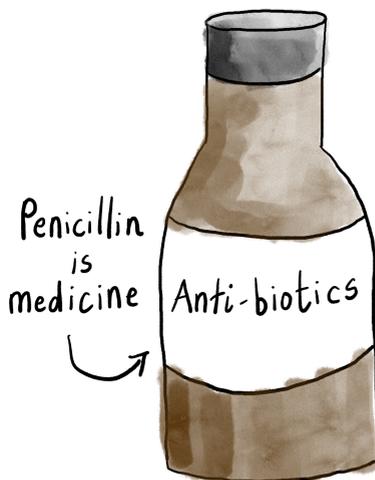
cat saliva—yuck!

*Being worried about food allergies is one thing, but it's forgotten that people can also be allergic to non-food things. Like my cat saliva allergy. My auntie Rose has two cats and I love them. But everytime I go to her*

*house I come away with loads of rashes on my skin and sometimes my face gets a bit puffy.*

People can be allergic to medicine (like Penicillin), animals, insects (like bees and wasps), and to latex and mould. No kidding.

Did you know some people can be allergic to exercise? I think my Dad is allergic to exercise



because he doesn't like to even get up to fetch the TV remote (although apparently he's 'working on something' - whatever that means). Apparently, people who are actually allergic to exercise can go into anaphylactic shock. There are rare cases of women

*having anaphylaxis when they go into labour. That's crazy!  
Why don't people know more about this?*

*What if someone at the disco was allergic to exercise? How  
would you even know?*

*Note to self: I better do something about it!*

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