

What do you know about food allergies?

Name _____ Age _____

Circle the correct answer.

1. What is a food allergy?
 - a. something that makes you sneeze
 - b. a phrase that means you love all food
 - c. when a person's body thinks a food is harmful
 - d. a fancy word for a food artist

2. What happens when someone has a food-allergic reaction?
 - a. They sneeze.
 - b. They turn into Superman.
 - c. They get hives (little red bumps on their body), swell up, and could go into anaphylactic shock.
 - d. They turn into a blueberry.

3. Which of the following are common food allergies?
 - a. eggs
 - b. fruit
 - c. peanuts
 - d. milk
 - e. hamburgers

4. What can you do to help protect a friend from having a food-allergic reaction?
 - a. Ignore them.
 - b. Always read ingredient labels.
 - c. Eat their food for them.
 - d. Spit in their food.

True or false questions. Circle the correct answer.

5. **True or false:** Mark, who is allergic to peanuts, is served a brownie with some peanuts. It is okay for him to pick out the peanuts and eat the rest of the brownie.

6. **True or false:** Shannon is allergic to dairy products (milk, cheese, butter, ice cream, etc.). She goes to a birthday party and is given a bowl of chocolate ice cream. It is okay for her to eat the ice cream, because it is a special occasion and she has not eaten any dairy products for a long time.