

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 term that means you love all foods
 - c. a person's body thinks a food is harmful
 - d. a fancy word for a food artist

2. How many people do you know who have a food allergy?
 - a. 0
 - b. 1-5
 - c. 5-10
 - d. 10 or more

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

4. Which of the following are common food allergies?

a. eggs	f. fish and shellfish
b. fruit	g. hamburgers
c. peanuts and tree nuts	h. wheat
d. milk	i. soy
e. green beans	j. ketchup

5. What can you do to help protect a friend from having a food-allergic reaction?
 - a. Ignore them.
 - b. Learn more about their allergy.
 - c. Always read food labels.
 - d. Both b and c

True or false questions. Circle the correct answer.

6. **True/ False:** Mark, who is allergic to peanuts, is served some food with the allergen (the peanuts) in it. It is okay for him to pick out the allergen food (the peanuts) and eat the rest of the food.

7. **True/False:** Shannon is allergic to dairy products (milk, cheese, butter, ice cream). 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 this one time because it is a special occasion and she has not eaten any dairy products for a long time