

Food Allergy Pop Quiz

1. About _____ of all fatal reactions are triggered by foods that were prepared by others and thought to be safe.
2. True or False: It's more common for adults to have food allergies than it is for children.
3. An _____ is any substance that causes an allergic reaction.
4. What are the Top 8 food allergens?
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
5. True or False: It is okay to guess whether a food allergen is in a food item if you are unsure.
6. Match the terms with the definitions below.

A. Food Allergy	_____	Affects the digestive system, not life threatening
B. Food Intolerance	_____	Affects the entire body, can be fatal

7. What are 3 ways you can prevent allergic reactions?

- a. _____

- b. _____

- c. _____

BONUS: Did you find this lesson to be helpful?

Yes No