



Food Allergy Quiz 1

Click on the link below and go to lesson 1

<https://www.sparepensinschools.uk/teaching-videos/>

Circle the correct answer/s

1. What is the name of something that causes an allergic reaction?

germ

allergen

bacteria

2. What are the 9 main allergens?

fruit

milk

eggs

lettuce

fish

peanut

sesame

wheat

nuts

soya

shellfish

fish

onions

3. What are the 3 symptoms of a food allergy?

sickness

nose bleed

skin rash

swollen feet

headache

breathing difficulties

4. What allergen is found in some bars of chewy sweets?

nuts **eggs** **milk** **wheat**

5. What allergen is found in some bars of chocolate?

nuts **eggs** **milk** **wheat**

6. What allergen is found in some jars of sauce?

nuts **eggs** **milk** **wheat**

7. Why should someone with a food allergy always read the ingredients label first?

To check the price of the food

To check the food is safe to eat for them

To check that they like the product

FOOD ALLERGEN ICONS

