



Hunt out the Allergens

Allergens can be found in the most unusual places.
That's why people with food allergies always need to read
EVERY ingredients label first

1

First, write down the food name. Then list the allergens you think it will contain

2

Next read the ingredients label to find out which allergens it does contain. Write your findings below.

Food name:

Possible allergens:

Allergens found on the ingredients label:

Food name:

Possible allergens:

Allergens found on the ingredients label:

Food name:

Possible allergens:

Allergens found on the ingredients label:

3

Now compare your answers in column 1 of the worksheet to your answers in column 2. What have you discovered?

4

What was your most surprising allergen find? Name the food it was in, and why you found it surprising.