FOOD ALLERGY MANAGEMENT QUIZ

Match each term with the definition:

1. Celiac Disease _____  
   a. When a person eats a food, the immune system attacks proteins in the food that are normally harmless. This condition can be life threatening.

2. Anaphylaxis _____  
   b. When a person eats a food and cannot digest the Food. This condition is not life threatening.

3. Food Allergy _____  
   c. An autoimmune disease triggered by eating gluten. Causes damage to the small intestine and interferes with nutrient absorption.

4. Food Intolerance _____  
   d. A severe, life threatening allergic reaction that requires immediate response and medical attention

Circle either TRUE or FALSE depending on the validity of the statement.

1. Cross-contact is when an allergen is accidentally transferred from a food containing an allergen to a food that does not contain an allergen.
   
   TRUE   FALSE

2. Hand sanitizing gels will remove allergens from hands.
   
   TRUE   FALSE

3. The cook places cheese on a hamburger for a student who has a milk allergy. The cook should take the cheese off the burger and serve it to the student.
   
   TRUE   FALSE

4. A new apron should be put on when preparing an allergen free food.
   
   TRUE   FALSE

5. Your food vendor substitutes a food product on this week’s order. You can prepare the food product for a student with an allergy as usual without checking the new product’s food label.
   
   TRUE   FALSE

6. Cooking an allergen containing food does NOT eliminate the chances of a person with an allergy of having a reaction.
   
   TRUE   FALSE
7. One way a student can describe an allergic reaction and what they are feeling is “my tongue feels big”.

TRUE       FALSE

**Answer each question to the best of your ability.**

1. Describe and list the “Big 8”:
   ____________________________________________________________
   ____________________________________________________________

2. When preparing foods for students with food allergies, when should you read the labels?
   ____________________________________________________________

3. When should you wash food prep surfaces?
   ____________________________________________________________