

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 accidently 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? _____