



## Quiz Answer Key

- List three common food allergens.  
*Any three of the following: peanuts, tree nuts, eggs, soy, wheat, milk, seafood (fish and shellfish).*  
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- List five possible reactions to these allergens.  
*Any five of the following: rash or hives, runny nose, diarrhea, tightness in the throat, coughing, hoarse voice, wheezing, nausea, vomiting, stomach pain, tingling tongue or lips, anaphylaxis, swelling of the face.*  
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- A food intolerance or food sensitivity can cause someone to feel ill. Food allergies can make someone feel ill, and cause a life-threatening reaction.
- This chemical is released by the body during a food allergy reaction, causing symptoms that may affect the eyes, nose, throat, lungs, skin, or gastrointestinal tract: Histamine.
- Describe one of the ways doctors determine if a reaction is caused by a food allergy.  
*Any one of the following: In a blood test, blood is drawn and exposed to an allergen to determine if antibodies are formed against the allergen. In a skin test, pricks are made on the skin and exposed to a liquid extract of the allergen – if the area gets red and raised, it's an allergic reaction.*  
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- Is it possible to outgrow a food allergy?  
*Some allergies can be outgrown, especially those to milk, eggs, wheat, and soy. Peanut, tree nut, fish, and shellfish allergy are less likely to be outgrown.*  
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- This type of food allergy is the one most likely to develop later in life.  
*Fish and shellfish allergy.*  
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- List three steps people with food allergies need to take to keep themselves safe.  
*Any three of the following: read food labels, know about cross-contamination, carry their own food and snacks, always ask how food is prepared in restaurants, be extra careful in unpredictable places like cafeterias and food courts, carry two EpiPens at all times, talk to teachers and friends about their allergies so they can offer help and support.*  
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- A severe reaction that can result in swelling of the airways, serious breathing difficulties, and, in some cases, death is called: anaphylaxis.
- A medication that can save the life of a person experiencing a severe food allergy reaction is called: epinephrine.