



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: You can eat a little bit of a food you're allergic to, just not a lot.

2. List two types of foods that kids are often allergic to:

a. _____

b. _____

3. What's the best way for kids to be safe when they have food allergies?

4. True or false: People who have food allergies when they're kids will still have food allergies when they're adults.

5. Name one sign that kids might be having allergic reactions to food they've eaten.

