



Quiz Answer Key

- Which system of the body makes a mistake when you have a food allergy?
 - respiratory
 - immune
 - endocrine
 - nervous
- Describe the mistake your body makes when you have a food allergy.
If you have a food allergy, your immune system mistakenly treats a certain food as if it's harmful to you.

- List three signs of an allergic reaction:
Any three of the following: runny nose, itchy skin, rash, hives, tingling in tongue or lips, tightness in throat, hoarse voice, wheezing, cough, nausea, vomiting, stomach pain, diarrhea, swelling of the face.

- True or false: A person can have an allergic reaction to a food an hour after the food has been eaten.
- Which of the following is the name for a sudden, severe allergic reaction that involves many systems of the body?
 - antibody
 - histamine
 - anaphylaxis
- True or false: Kids always grow out of all of their food allergies as they get older. *Many kids outgrow allergies to foods such as milk and eggs, but some don't. Some allergies, such as those to peanuts, are more likely to last a lifetime.*

- An allergist is a doctor who specializes in allergies.
- What's the best way to deal with a food allergy? Avoid the food itself or any foods or drinks that contain the food.

- For serious allergic reactions, people may need a shot of epinephrine.
 - epinephrine
 - histamine
 - orange juice
- Hives are itchy red bumps or slightly raised patches of skin that can be the result of an allergic reaction.