Quiz Answer Key

1. Which system of the body makes a mistake when you have a food allergy?
   a. respiratory
   b. immune
   c. endocrine
   d. nervous

2. 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.*

3. 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.*

4. True or false: A person can have an allergic reaction to a food an hour after the food has been eaten.

5. Which of the following is the name for a sudden, severe allergic reaction that involves many systems of the body?
   a. antibody
   b. histamine
   c. anaphylaxis

6. 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.*

7. An **allergist** is a doctor who specializes in allergies.

8. What's the best way to deal with a food allergy? *Avoid the food itself or any foods or drinks that contain the food.*

9. For serious allergic reactions, people may need a shot of **epinephrine**.
   a. epinephrine
   b. histamine
   c. orange juice

10. **Hives** are itchy red bumps or slightly raised patches of skin that can be the result of an allergic reaction.