Hidden Ingredients

Instructions: Use the KidsHealth.org articles and the questions below to examine three food labels for products that might trigger food allergies. Then determine whether someone with food allergies could eat those products. Tape or glue the labels to the back of this handout.

1. Name of product: __________________________
   Ingredients that would pose a threat to someone with food allergies:
   __________________________
   __________________________
   __________________________
   __________________________
   __________________________
   __________________________

2. Name of product: __________________________
   Ingredients that would pose a threat to someone with food allergies:
   __________________________
   __________________________
   __________________________
   __________________________
   __________________________
   __________________________

3. Name of product: __________________________
   Ingredients that would pose a threat to someone with food allergies:
   __________________________
   __________________________
   __________________________
   __________________________
   __________________________
   __________________________