Quiz

Instructions: Answer each question.

1. List three common food allergens.

2. List four possible reactions to these allergens.

3. When someone with a food allergy eats a food allergen, the body releases chemicals called ____________ that cause an allergic reaction.
   a. epinephrine
   b. anaphylaxis
   c. histamines
   d. hives

4. Describe one of the ways doctors determine if a reaction is caused by a food allergy.

5. True or false: Once you have an allergy, you always have it.

6. True or false: If you don't have a food allergy when you're younger, you don't ever need to worry about food allergies.

7. When people have severe reactions to food allergens, they may need shots of ____________.
   a. epinephrine
   b. histamine
   c. antibodies
   d. none of the above