



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. List three common food allergens.

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2. List five possible reactions to these allergens.

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3. A food intolerance or food sensitivity can cause someone to feel ill. Food allergies can make someone feel ill, and cause a \_\_\_\_\_ reaction.

4. This chemical is released by the body during a food allergy reaction, causing symptoms that may affect the eyes, nose, throat, lungs, skin, or gastrointestinal tract: \_\_\_\_\_.

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

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6. Is it possible to outgrow a food allergy?

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7. This type of food allergy is the one most likely to develop later in life.

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8. List three steps people with food allergies need to take to keep themselves safe.

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9. A severe reaction that can result in swelling of the airways, serious breathing difficulties, and, in some cases, death is called: \_\_\_\_\_.

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10. A medication that can save the life of a person experiencing a severe food allergy reaction is called: \_\_\_\_\_.

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