



Quiz Answer Key

1. True or false: You can eat a little bit of a food you're allergic to, just not a lot. *If you have a food allergy, even a tiny bit of that food can make you sick.*

2. List two types of foods that kids are often allergic to:
Any two of the following: peanuts and other nuts, seafood, milk, eggs, soy, wheat.

3. What's the best way for kids to be safe when they have food allergies?
The best to stay safe is to avoid the food itself or any foods or drinks that contain the food, and to always have their EpiPens with them.

4. True or false: People who have food allergies when they're kids will still have food allergies when they're adults. *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.*

5. Name one sign that kids might be having allergic reactions to food they've eaten.
Any one of the following: runny nose, itchy skin rash, hives, tingling tongue or lips, tightness in throat, hoarse voice, wheezing, cough, nausea, vomiting, stomach pain, diarrhea, swelling of the face.

