



Quiz Answer Key

1. List three common food allergens.

Any three of the following: peanuts, tree nuts, soy, wheat, dairy foods, seafood (fish and shellfish).

2. List five possible reactions to these allergens.

Any five of the following: rash or hives, runny nose, diarrhea, tightness in the throat, coughing, hoarse voice, wheezing, nausea, vomiting, stomach pain, tingling tongue or lips, anaphylaxis.

3. When someone with a food allergy eats a food allergen, the body releases chemicals called histamines 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.

Any one of the following: In a blood test, blood is drawn and exposed to an allergen to determine if antibodies are formed against the allergen. In a skin test, pricks are made on the skin and exposed to a liquid extract of the allergen – if the area gets red and raised, it's an allergic reaction.

5. True or false: Once you have an allergy, you always have it. *Some allergies can be outgrown such as those to milk and eggs.*

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. *Allergies can develop throughout a lifetime.*
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7. When people have severe reactions to food allergens, they may need shots of epinephrine.

- a. epinephrine
- b. histamine
- c. antibodies
- d. none of the above