



Name: _____

Date: _____

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 treatment for a food allergy is to avoid the food itself or any foods or drinks that contain the food. _____
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 like milk and eggs. But severe allergies to foods like peanuts can 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. _____

