

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

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

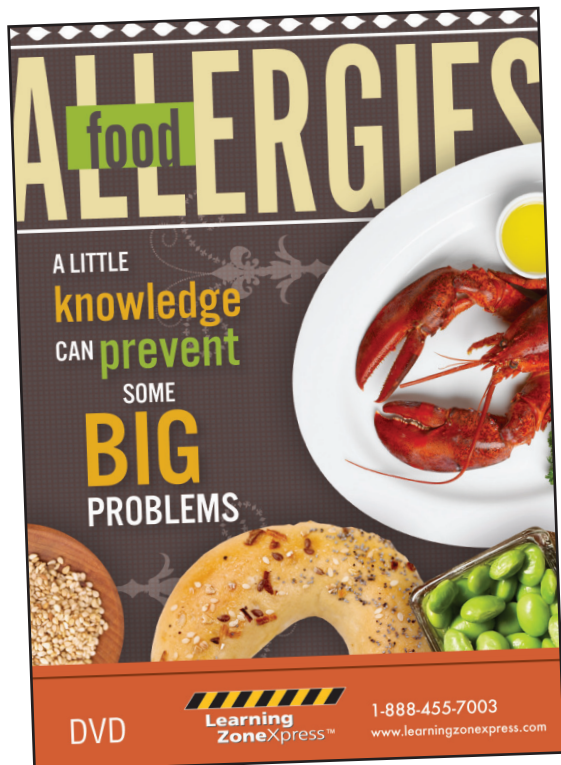
## Review:

After viewing *Food Allergies*, answer the following questions.

1. What are food allergies?
2. What are common food allergy reactions?
3. What are the eight most common allergens?
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.

4. How can you find out if you have an allergy? What are the two types of allergy tests?
5. How is a food sensitivity or intolerance different from a food allergy?
6. Can food dyes be considered a cause of a food allergy? Why or why not?
7. What is the treatment for food allergies?
8. What are some other ways allergic reactions can occur?
9. When is medication needed?
10. Why is it important to be sensitive to the needs of people with food allergies?





# ANSWER KEY

## Review:

After viewing *Food Allergies*, answer the following questions.

1. What are food allergies?  
***Your body reacts to something it shouldn't be reacting to, and the body produces an IgE antibody against that food.***
2. What are common food allergy reactions?  
***Itching of mouth or throat, swelling of mouth or throat, body swelling, hives, difficulty breathing, wheezing, vomiting, diarrhea, coughing, shortness of breath***
3. What are the eight most common allergens?
  1. ***Milk***
  2. ***Egg***
  3. ***Wheat (gluten)***
  4. ***Peanut***
  5. ***Tree nuts***
  6. ***Fish***
  7. ***Shellfish***
  8. ***Soy***

4. How can you find out if you have an allergy? What are the two types of allergy tests?  
***Talk to your physician. Bring a food diary with a record of the times and dates of the foods that you're eating and what types of symptoms you are experiencing. This will help your doctor determine if it is a food allergy.***

***The two ways of allergy testing are a blood test or an allergy skin prick test (The skin is pricked with a small amount of the protein from the food. If allergic, you would form a mosquito bite type of reaction)***

5. How is a food sensitivity or intolerance different from a food allergy?  
***Food sensitivities or intolerances (like lactose intolerance) have symptoms that are unpleasant, but not life threatening. Food allergies can be life threatening.***

6. Can food dyes be considered a cause of a food allergy? Why or why not?  
***Proteins need to be of a certain size for the body to form the IgE antibody in the event of an allergic reaction. Food dyes may cause food sensitivities.***

7. What is the treatment for food allergies?  
***There is no treatment or cure for food allergies. People with food allergies need to avoid the food and have a plan in place should a reaction occur.***

8. What are some other ways allergic reactions can occur?

***Cross contamination at a factory***

***Contact with skin***

***Inhalation (smell of the food)***

***Person to person contact***

***Cross contamination in the kitchen***

9. When is medication needed?

***Most people with food allergies have a prescription for injectable Epinephrine (EpiPen) to carry with them that can help save their lives in case of an accidental ingestion. It is usually injected into the thigh muscle.***

10. Why is it important to be sensitive to the needs of people with food allergies?

***It's not that they don't want to eat the food they're allergic to, they could have a severe life threatening reaction. It may be inconvenient or you may have to change what you're making, but by doing that you're helping them, supporting them, and could save their lives.***

