

Quiz #1

Q1: What is a food allergy?

- A. When people extremely dislike certain foods
- B. Illness resulting from the spoilage of contaminated food
- C. A condition where people cannot digest a certain food
- D. An abnormal immune response to food

Answer: D

Q2: Which of the "Big 8 Allergens" is a person with Celiac disease allergic to?

- A. Dairy
- B. Egg
- C. Soy
- D. Wheat

Answer: D

Q3: What is the difference between a food allergy and food intolerance?

- A. Food allergies are caused by the immune system while food intolerances are caused by the digestive system
- B. Dairy is the only food intolerance, but people can be allergic to many foods
- C. Food allergies are caused by the immune system while food intolerances are caused by the nervous system

D. Food allergies are not life threatening while food intolerances are

Answer: A

Quiz #2

Q1: Which is a symptom of an allergic reaction?

A. Feeling hungry

B. Fever

C. Hives

D. Anxiety

Answer: C

Q2: What do you do when someone is having an allergic reaction?

A. Give them CPR

B. Tell a parent, teacher, or trusted adult

C. None of these options

D. Look for a epinephrine auto-injector

Answer: B

Q3: What is the only safe method to manage food allergies?

A. Ingesting the allergen everyday to get used to it

B. Taking medicine before ingesting the allergen

- C. Avoiding the allergen completely
- D. None of these options

Answer: C

Quiz #3

Q1: What is epinephrine?

- A. A chemical that lowers blood pressure
- B. A way to prevent food allergies
- C. A way to safely ingest your allergens
- D. A chemical that helps reverse symptoms of an allergic reaction

Answer: D

Q2: What CAN'T an allergist do for his/her patients?

- A. Cure their food allergy/allergies
- B. Conduct food allergy tests to figure out your allergens
- C. Prescribe epinephrine
- D. Give advice on how to manage food allergies

Answer: A

Q3: What is one way to support your friends and peers who have food allergies?

- A. Share allergy-friendly recipes with them

B. All of these choices!

C. Try to offer allergy-friendly food options at parties or gatherings

D. Acknowledge that their food allergy is a medical condition, not a choice

Answer: B