

Food Allergies in Early Childhood Settings

1. 90% of food allergies are caused by just eight (8) food items.
a. True b. False
2. Food allergies can affect anyone.
a. True b. False
3. Lactose intolerance is a type of food allergy.
a. True b. False
4. It is possible to have a serious reaction to a food ingredient, even if previous reactions were mild.
a. True b. False
5. Anaphylaxis is a potentially life-threatening reaction; it can occur within seconds or minutes of exposure to the food allergen.
a. True b. False
6. Peanut exposure can occur if art materials are stored in empty peanut-butter jars.
a. True b. False
7. To prevent cross-contamination, foods for allergic children should be prepared last.
a. True b. False
8. Food manufacturers are required by law to clearly identify ingredients from the eight allergic foods and food groups.
a. True b. False
9. Eggs are a main ingredient in meringue, divinity, and custards.
a. True b. False
10. An allergy action plan is needed only if the child has had a severe food allergy reaction.
a. True b. False

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ANSWER SHEET

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