



Quiz Answer Key

1. List three common food allergens.

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

2. List four possible reactions to these allergens.

Any four 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, swelling of the face.

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.

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