

Allergen Quiz

Answer Sheet

Please note that some questions have more than one correct answer

1

The term food intolerance includes food poisoning. True or false?

- A.) True
- B.) False

2

A severe allergy can sometimes lead to...

- A.) Anaphylaxis
- B.) Diabetes
- C.) Obesity
- D.) Cancer

3

If you are asked if a food contains an allergen, what should you do?

- A.) Assure the person that the food is safe
- B.) Ask the person who cooked the food or check the packaging
- C.) Dismiss the comment
- D.) Refer the person to the manufacturer

4

How many named allergens are there that should be displayed on food labels and menu boards?

- A.) 5
- B.) 10
- C.) 23
- D.) 14

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5

Which of the following is best practice when providing prepared meals in the community?

- A.) Asking verbally if the customer has any allergies or intolerances
- B.) Asking what the person can and can't eat
- C.) Providing allergen information in writing at a point between 'order' and 'delivery'
- D.) All of the above

6

How might allergens be emphasised on the ingredients list on a food package?

- A.) In **bold**
- B.) In *italics*
- C.) Underlined or highlighted
- D.) All of the above

7

Which of the following are none of the 14 most common allergens present in?

- A.) Crustaceans
- B.) Eggs
- C.) Rice
- D.) Fish