

Apply Your Knowledge

Identify the Symptoms

Write an **X** next to the symptoms that could indicate a customer is having an allergic reaction.

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|--------------------|----------------------------|---------------------------------|
| ① _____ Nausea | ⑥ _____ Hives | ⑪ _____ Shortness of breath |
| ② _____ Bruising | ⑦ _____ Swollen face | ⑫ _____ Tightening in the chest |
| ③ _____ Sneezing | ⑧ _____ Abdominal pain | ⑬ _____ Tingling in arms |
| ④ _____ Coughing | ⑨ _____ Swollen abdomen | ⑭ _____ Diarrhea |
| ⑤ _____ Itchy rash | ⑩ _____ Increased appetite | |

The Most Common Food Allergens

Write an **X** next to a food if it is or has a common food allergen.

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|-----------------------|-----------------------|--------------------------------|
| ① _____ Tea | ⑦ _____ Potatoes | ⑬ _____ Squash and eggplant |
| ② _____ Cod | ⑧ _____ Mushrooms | ⑭ _____ Soybeans |
| ③ _____ Wheat flour | ⑨ _____ Tomatoes | ⑮ _____ Rice and rice products |
| ④ _____ Melons | ⑩ _____ Pecan pie | ⑯ _____ Omelet |
| ⑤ _____ Peanut butter | ⑪ _____ Citrus fruit | ⑰ _____ Vanilla ice cream |
| ⑥ _____ Crab legs | ⑫ _____ Green peppers | |

For answers, please turn to page 2.26.