Apply Your Knowledge

Identify the Symptoms

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

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

The Most Common Food Allergens

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

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

For answers, please turn to page 2.26.