

## Teacher Answer Sheet – Junior Division

- **Most Common Food Allergens**
  - Wheat
  - Fish
  - Egg
  - Peanut
  - Tree Nuts
  - Milk
  - Soy
  - Shellfish
- **Learning About Symptoms of Allergic Reactions**
  - Hives
  - Rash
  - Stomach pain/cramps/diarhea
  - Difficulty breathing (wheezing)
  - Swollen lips
  - Dizziness
  - Sneezing/watery eyes/runny nose
  - Vomiting

Final question: Tell an adult

- **What's Safe for Lunch?**
  - Safe: Apple, hamburger, pineapple, banana
  - Not Safe: Trail mix, granola bar with nuts, cookie with nuts, peanut butter sandwich
- **True or False Quiz**
  1. True
  2. False (must never be exposed to extreme temperatures)
  3. False (never eat food from strangers unless double checked by parents)
  4. False (people can be allergic to many things)
  5. False (you should wash your hands first)
  6. True
  7. True
  8. True
  9. True
  10. False (ingredients can change)
- Food Allergy Maze
- Food Allergy Word Search