

FOOD ALLERGY TRUE OR FALSE QUIZ

Circle the right answer to these questions about food allergies.

1. If you ever feel strange or have symptoms after eating something, you should tell an adult right away.

TRUE
FALSE

2. When playing at the beach, it's okay to leave medicine like an EpiPen® in the sand under the hot sun.

TRUE
FALSE

3. It is okay to eat food a stranger gives you.

TRUE
FALSE

4. People can only be allergic to peanuts and no other foods.

TRUE
FALSE

5. It's okay to give your friend a high five after you eat something they are allergic to.

TRUE
FALSE

6. An EpiPen is an important piece of medicine and is not a toy.

TRUE
FALSE

7. People with allergies should never risk eating something that "may contain" what they are allergic to.

TRUE
FALSE

8. Hives, rashes, swollen lips, tummy cramps and trouble breathing can all be signs of an allergic reaction.

TRUE
FALSE

9. Telling your friends about your allergies is a good idea so they can help look out for you.

TRUE
FALSE

10. If you find a safe food, you'll never have to read its ingredient list again.

TRUE
FALSE

