

FOOD ALLERGY QUESTIONNAIRE

School: _____ Date: _____

True or False: circle the correct answer for the following questions:		
1. Food allergy and food intolerance are the same thing.	True	False
2. Hand washing with soap & water helps prevent the spread of food allergens.	True	False
3. After administering epinephrine to a child, they may resume normal activities.	True	False
4. Early symptoms of a food allergy may mimic symptoms seen in food poisoning such as nausea, abdominal pain, vomiting and diarrhea.	True	False
5. There are several effective forms of treatment for food allergies.	True	False
6. Allergic reactions only occur if the individual eats the offending food.	True	False
7. Only children with severe food allergies need to have a Food Allergy Action Plan.	True	False
8. If anaphylactic shock is not treated immediately, it can be fatal.	True	False
9. Once a food label is checked there is no reason to check it the next time the item is purchased.	True	False
10. Children typically outgrow their food allergies to peanuts, tree nuts and fish.	True	False

(answers on back)

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Answer Key
<p>1. Food allergy and food intolerance are the same thing. False: Food allergy is a true immune system response that can result in anaphylaxis and food intolerance occurs when the body has difficulty digesting certain foods but the immune system is not affected.</p>
<p>2. Hand washing with soap & water helps prevent the spread of food allergens. True: Hand washing with soap & water helps prevent the spread of food allergens. Note: studies show that antibacterial sanitizers do not remove the food allergen protein.</p>
<p>3. After administering epinephrine to a child, they may resume normal activities. False: After administering epinephrine to a child, the child should be transported to nearest emergency facility for follow up. Remember, a biphasic anaphylactic reaction can occur.</p>
<p>4. Early symptoms of a food allergy may mimic symptoms seen in food poisoning such as nausea, abdominal pain, vomiting and diarrhea. True: Early symptoms of a food allergy may mimic symptoms seen in food poisoning such as nausea, abdominal pain, vomiting and diarrhea.</p>
<p>5. There are several effective forms of treatment for food allergies. False: There is no cure or treatment for food allergies, only strict avoidance. Epinephrine is not a treatment it is an emergency medication given in case an anaphylactic reaction occurs.</p>
<p>6. Allergic reactions only occur if the individual eats the offending food. False: Allergic reactions can occur through ingestion, skin contact and in some cases inhalation.</p>
<p>7. Only children with severe food allergies need to have a Food Allergy Action Plan. False: It is recommended that all children with food allergies have a Food Allergy Action Plan.</p>
<p>8. If anaphylactic shock is not treated immediately, it can be fatal. True: Anaphylaxis is a life-threatening medical emergency that involves several systems in the body. Death can occur with delayed administration of epinephrine.</p>
<p>9. Once a food label is checked there is no reason to check it the next time the item is purchased. False: Food labels should be checked every time for hidden ingredients and manufacturer changes.</p>
<p>10. Children typically outgrow their food allergies to peanuts, tree nuts and fish. False: Peanuts, tree nuts, fish and shellfish are typically lifelong allergies, only 20% or less of children will ever outgrow these allergies.</p>