**Unpleasant reactions to food**

1) What is food intolerance?

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2) What is the difference between food intolerance and a food allergy?

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3) List eight different foods that are known to commonly cause allergic reactions.

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4) Name five examples of symptoms associated with a food allergy reaction.

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b) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5) What is the current recommendation for families with a history of peanut allergy?

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6) Explain the symptoms and appropriate response to anaphylaxis.

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7) Link the terms with the correct definition.

a) Exercise – induced food allergy - foods such as fruit and vegetables cause reactions such as itching or rashes in the lips and mouth.

b) Oral allergy syndrome - unpleasant reaction only occurs when a person knows that they are eating a particular food. If the food is disguised, the unpleasant reactions do not occur.

c) Food aversion - an allergic reaction developed by a person who undertakes physical activity within a few hours of eating a certain food.

8) Complete the table below.

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| --- | --- | --- | --- |
| Food allergy | Cause of allergy | Reaction symptoms | Interesting points |
| Lactose intolerance |  |  |  |
| Coeliac disease |  |  |  |