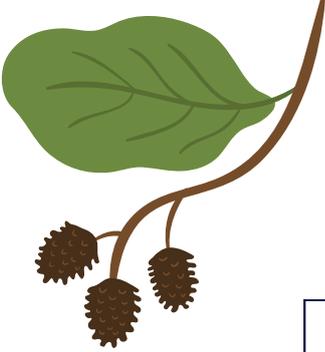


Allergen hunt checklist

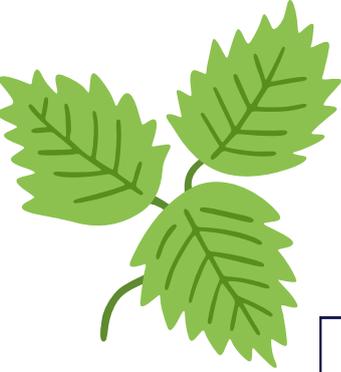
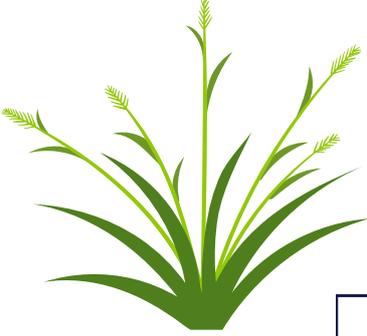
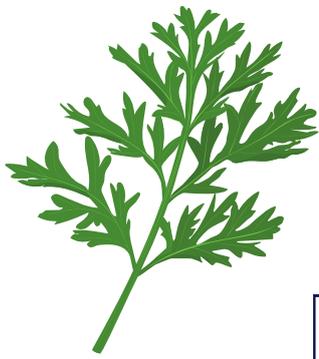
Activity sheet

The pollen that commonly triggers hay fever can be found in trees, grasses and weeds at certain times of the year, from spring through to autumn.

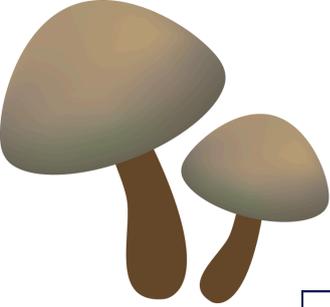
Can you find the leaves or catkins of some trees which commonly trigger hay fever?

<p>Alder tree</p>  <input data-bbox="475 1032 545 1104" type="checkbox"/>	<p>Birch tree</p>  <input data-bbox="954 1032 1024 1104" type="checkbox"/>	<p>Oak tree</p>  <input data-bbox="1417 1032 1487 1104" type="checkbox"/>
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Can you find these plants which also produce pollen that triggers hay fever?

<p>Nettles</p>  <input data-bbox="475 1776 545 1848" type="checkbox"/>	<p>Grass</p>  <input data-bbox="954 1776 1024 1848" type="checkbox"/>	<p>Mugwort</p>  <input data-bbox="1417 1776 1487 1848" type="checkbox"/>
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Mould thrives in dark damp places. Can you spot these things on your walk?

<p>Wild mushrooms</p>  <input data-bbox="470 689 544 763" type="checkbox"/>	<p>Rotting logs</p>  <input data-bbox="949 689 1023 763" type="checkbox"/>	<p>Soggy leaves</p>  <input data-bbox="1412 622 1485 696" type="checkbox"/>
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People can be allergic to pets and animals too. What animals can you spot on your walk?

<p>Dog</p>  <input data-bbox="470 1480 544 1554" type="checkbox"/>	<p>Cat</p>  <input data-bbox="949 1480 1023 1554" type="checkbox"/>	<p>Fox</p>  <input data-bbox="1412 1480 1485 1554" type="checkbox"/>
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