

1. Food allergy involves which one of these systems?

- a. Nervous system
- b. Immune system
- c. Respiratory system

Answer: b. The immune system. Allergic reactions start in the immune system. In food allergy the immune system mistakenly identifies a food as a threat and produces antibodies that help to attack the allergen.

2. Which of the following is not a symptom of allergy?

- a. Nose bleed
- b. Cough /sneezing
- c. Itchy rash

Answer: a. A nose bleed would not typically be a sign of an allergic reaction

3. Can you name one trigger allergen? The allergen trigger wheel might help with this question!

Although there are lots of things that can trigger an allergic reaction the most common categories of allergens are pollen, mould, house dust mite, animals, bee and wasp stings, medicines and food.

4. Which one of the following is a type of allergy medication?

- a. Paracetamol
- b. Cough syrup
- c. Antihistamine

Answer: c. Antihistamine is a type of medication that people may take to help manage allergic symptoms. For example, someone who has hay fever may take an antihistamine to help relieve their itchy nose/and or eyes.

5. What is the medical name for hay fever?

- a. Allergic Rhinitis
- b. Nasal inflammation
- c. Allergic reaction

Answer: a. Allergic rhinitis is the medical name for hay fever. The term 'allergic' is used when something is caused by or relates to an allergy. **Interesting Fact:** Despite the word 'fever' being in the name, a high temperature/fever is not a symptom of an allergy.

6. Can you name 4 foods that make up the 14 allergens that are required by law to be highlighted on a food label of food produced in the EU?

14 possible answers (listed in alphabetical order): Celery, Cereals containing gluten (e.g. wheat, barley), Crustaceans (e.g. prawns, crab, lobster), Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soybeans, Sulphur dioxide/sulphites, Tree nuts (e.g. almond, hazelnut, walnut, brazil nut, cashew, pecan, pistachios and macadamia nut)

Interesting fact: A peanut is not actually a nut; it belongs to the legume family and grows under the ground and NOT on trees!

7. Can you be allergic to the following? Answer yes or no.

- a. Kiwi fruit**
- b. Grass**
- c. Chickpeas**
- d. Horses**

Answer: Yes, to all. People can have a food allergy to kiwi fruit and chickpeas. It is also possible to have an allergy to animals, like horses, and grass pollen, these are a trigger for respiratory allergies like hay fever and asthma.

8. What is the most severe allergic reaction a person can have?

- a. Headache**
- b. Anaphylaxis**
- c. Nausea and vomiting**

Answer: b. Anaphylaxis (pronounced ana-fil-laxis) is a severe and potentially life-threatening medical emergency.

7. What action should I take if I think someone is having an allergic reaction?

- a. Alert an adult and let them know that there is an allergic emergency**
- b. Call 999 if I am on my own, stating allergic emergency – anaphylaxis**
- c. Locate the adrenaline autoinjectors (AAIs) if available**
- d. Stay with the person**

Answer: all of the above.