

# Food allergen detective

## Understanding food labels

Delve deeper into the discussions we've had about understanding food allergies and the critical role of reading food labels.

### Instructions:

Have a look at the food labels from the items you've brought to your meeting and record the allergens. Then discuss the questions below.

#### Item 1:

List the allergens:

Is this product safe for someone who has an allergy to one of the top 14 allergens?

Yes

No

#### Item 2

List the allergens:

Is this product safe for someone who has an allergy to one of the top 14 allergens?

Yes

No

#### Item 3

List the allergens:

Is this product safe for someone who has an allergy to one of the top 14 allergens?

Yes

No

#### Item 4

List the allergens:

Is this product safe for someone who has an allergy to one of the top 14 allergens?

Yes

No

### Questions:

- How many products above would be off limits if you had egg and cow's milk allergy?
- Why is it crucial for someone with an allergy to read food labels, even if they have eaten the food before?
- If you were hosting a party and a guest had a food allergy, what would you do?