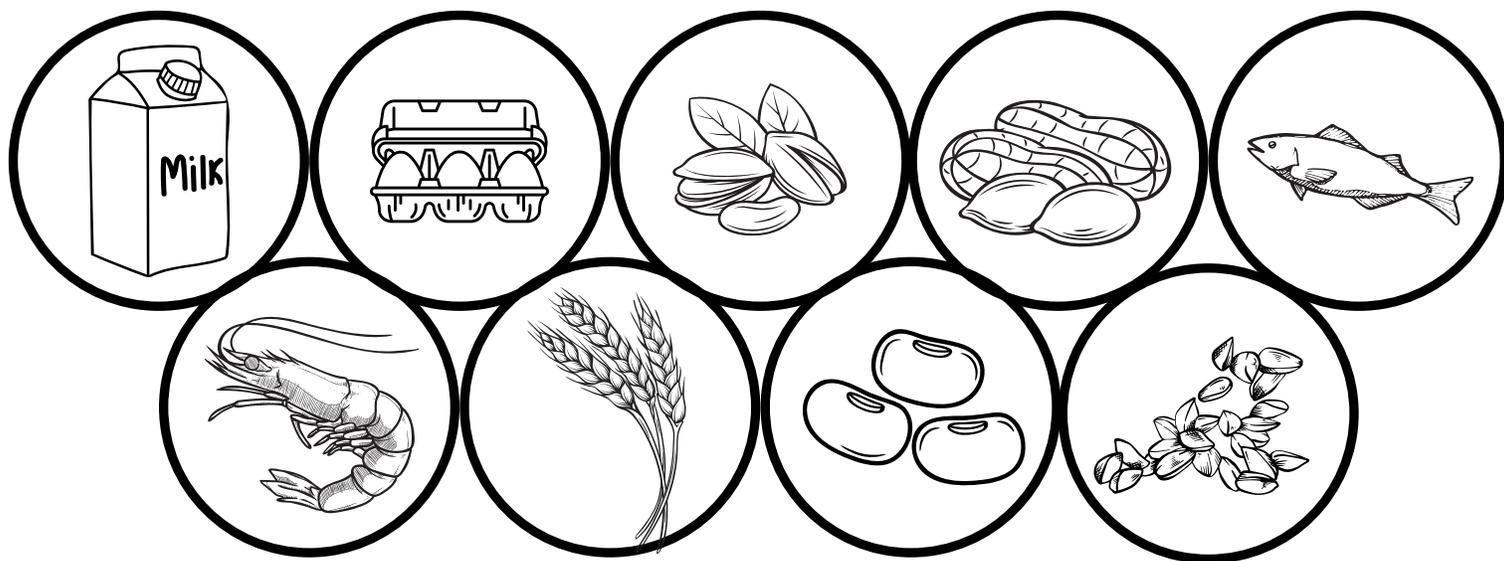


ACTIVITY GUIDE ABOUT THE MAJOR FOOD ALLERGENS

There are 9 foods that are recognized by the U.S. food and drug administration (FDA) to cause an allergic reaction. These foods include milk, eggs, tree nuts, peanuts, fish, crustacean shellfish, wheat, soy, and sesame.



It is important to be aware what types of foods contain food allergens.
These foods cause over 90% of food allergic reactions.

This activity guide will provide a look at different foods and the common
food allergens hidden in them.

MILK

**FIND THE FOOD ITEMS THAT MAY
CONTAIN MILK.**



U C I V J Z T G C E E R M Q S
O W R C H Q N N H I M M I B H
B L B E E M A S O X H F L U M
T D R H A C Y K C W W J K T M
U S I M E M R C O B K H G T K
Q W E Y T G Y E L B E D R E U
N Y Y E X C S O A B F I E R S
G O U D A H C U T M I U E J H
Y M V X J E H L E G R Z K I U
N Q D P C E E J A Q D R O O D
V D R U V S D X O T J A I X O
Q U X N T E D D J H T Q I Z J
W I P D P R A E V H X E J R D
R Q I Q G R R P B K U T L R Y
C O T T A G E O S W K M A Y Z

**MILK
DAIRY
CHEESE
CHEDDAR
GOUDA
BRIE**

**KEFIR
CHOCOLATE
LATTE
ICE CREAM
COTTAGE
GREEK**

BUTTER



EGGS

**UNSCRAMBLE THE WORDS TO DISCOVER
FOOD ITEMS THAT MAY CONTAIN EGGS.**

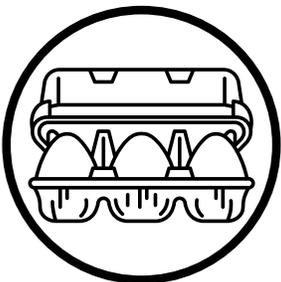
KOOCISE

ASMLOSMRHALW

SAPAT

ESIANNYOAM

UTRDSCSA



TREE NUTS

**MATCH THE TREE NUT WITH THE
PICTURE.**

ALMONDS

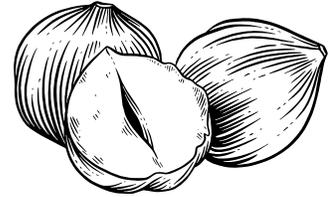
CASHEWS

HAZELNUTS

PECANS

PISTACHIOS

WALNUTS



PEANUTS

**FIND ALL THE FOODS THAT MAY
CONTAIN PEANUTS.**

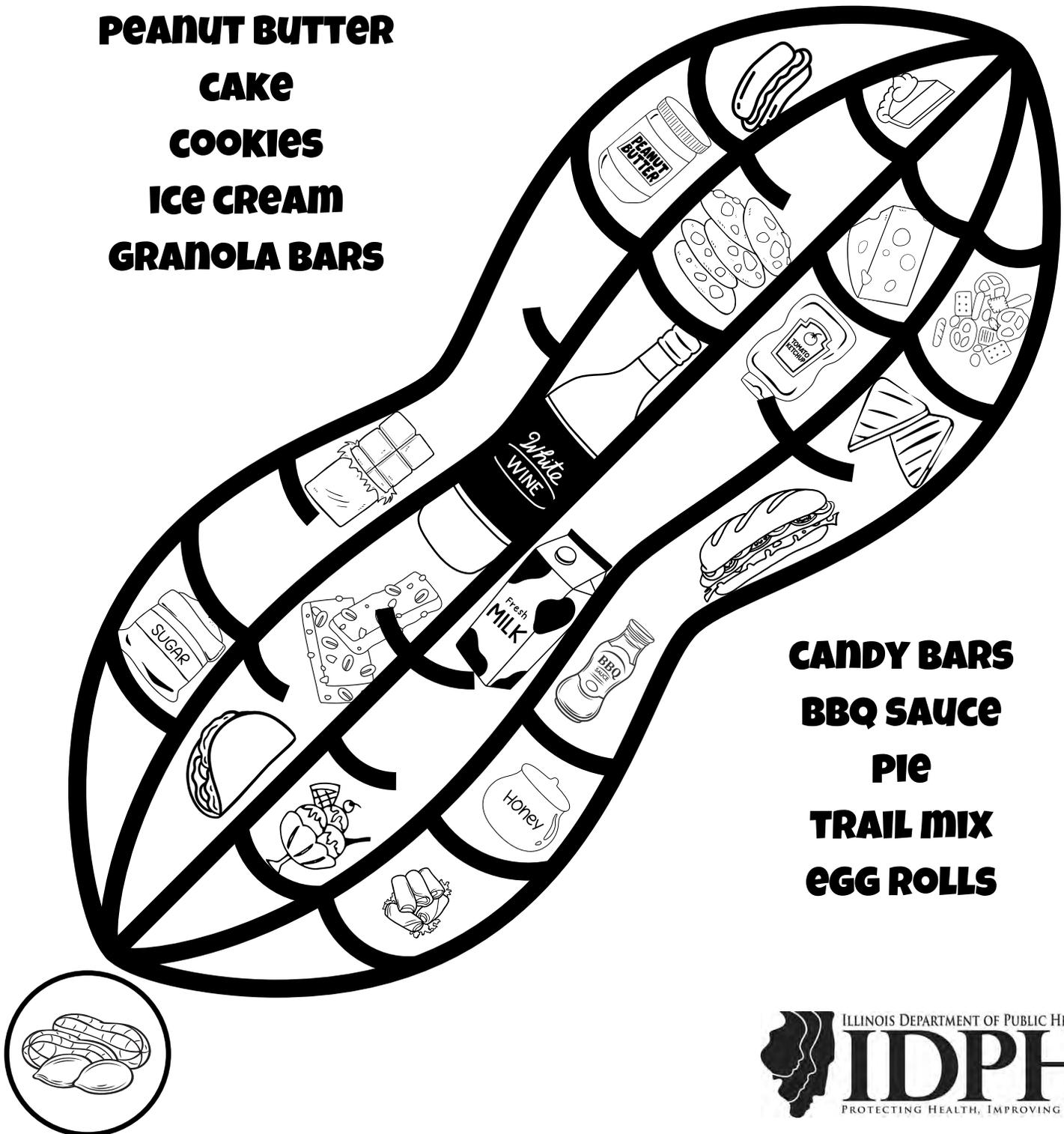
PEANUT BUTTER

CAKE

COOKIES

ICE CREAM

GRANOLA BARS



CANDY BARS

BBQ SAUCE

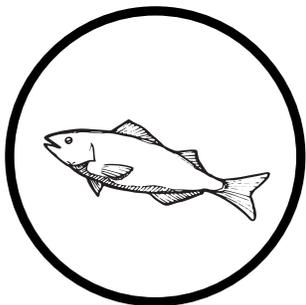
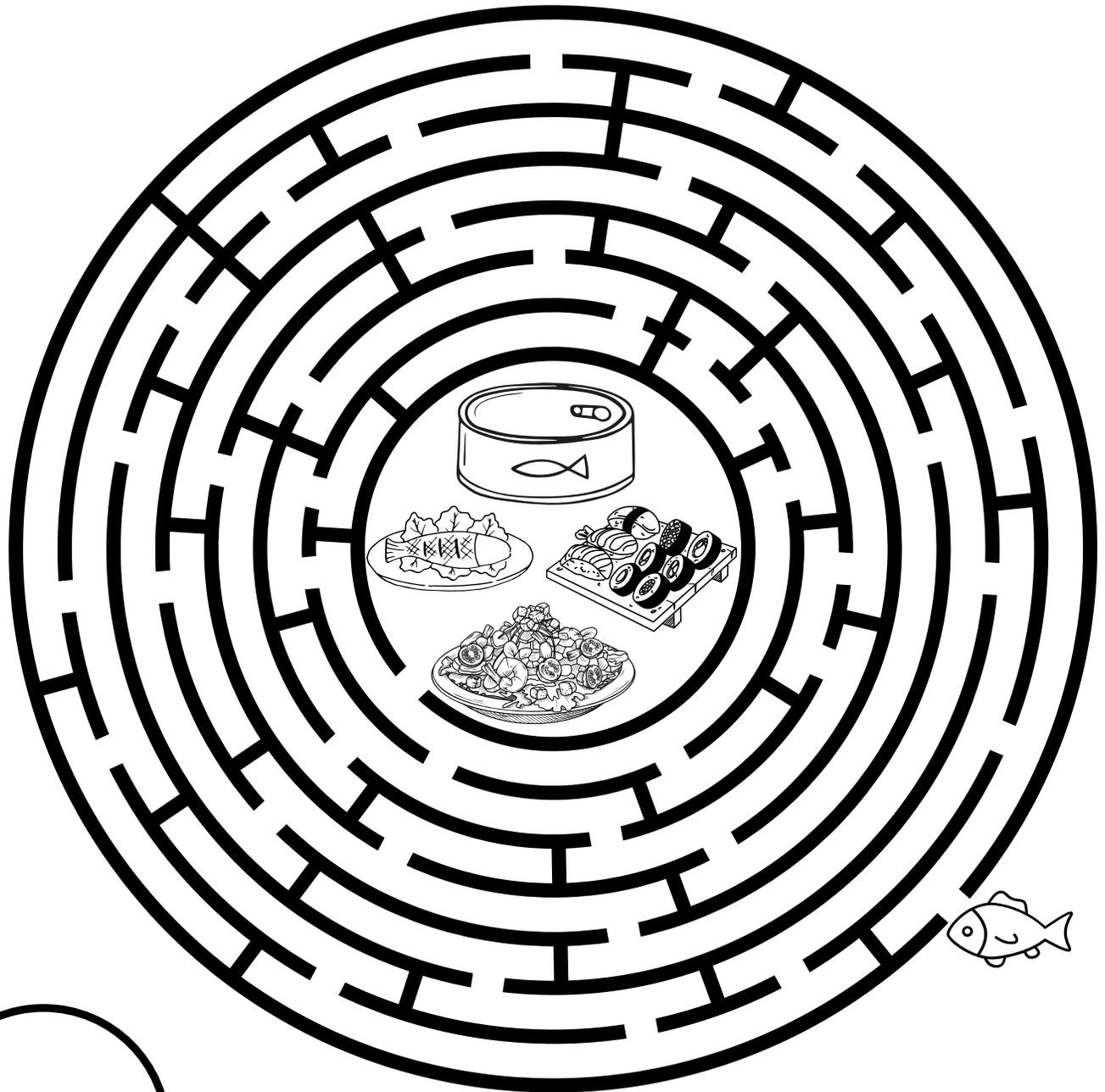
PIE

TRAIL MIX

EGG ROLLS

FISH

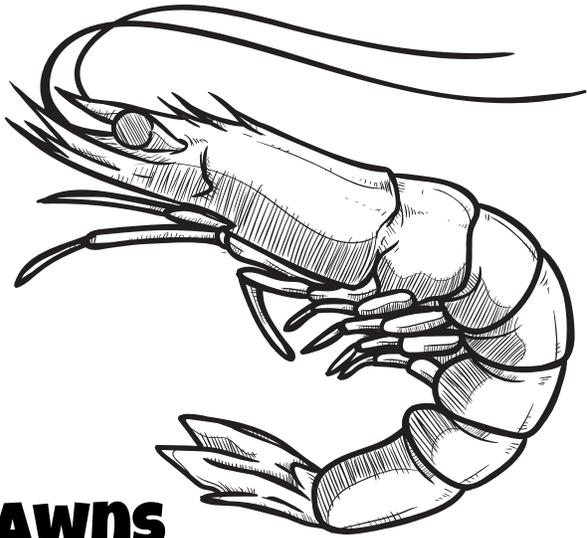
COMPLETE THE MAZE TO FIND FOOD ITEMS THAT MAY CONTAIN FISH.



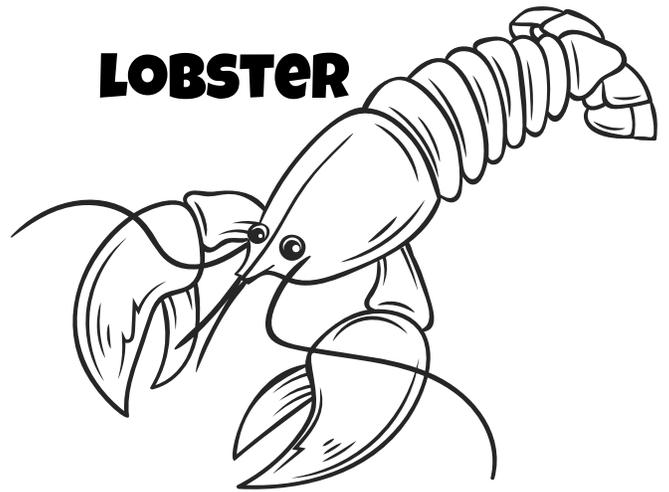
CRUSTACEAN

SHELLFISH

COLOR THE CRUSTACEAN SHELLFISH.



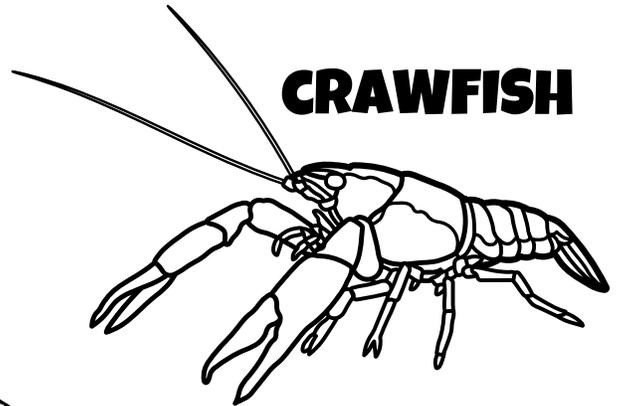
PRAWNS



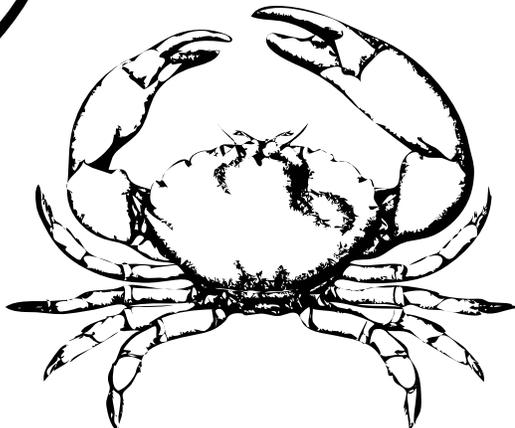
LOBSTER



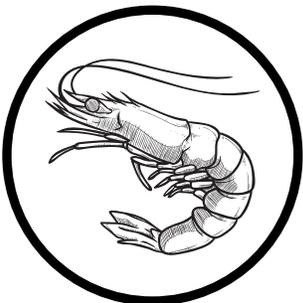
SHRIMP



CRAWFISH

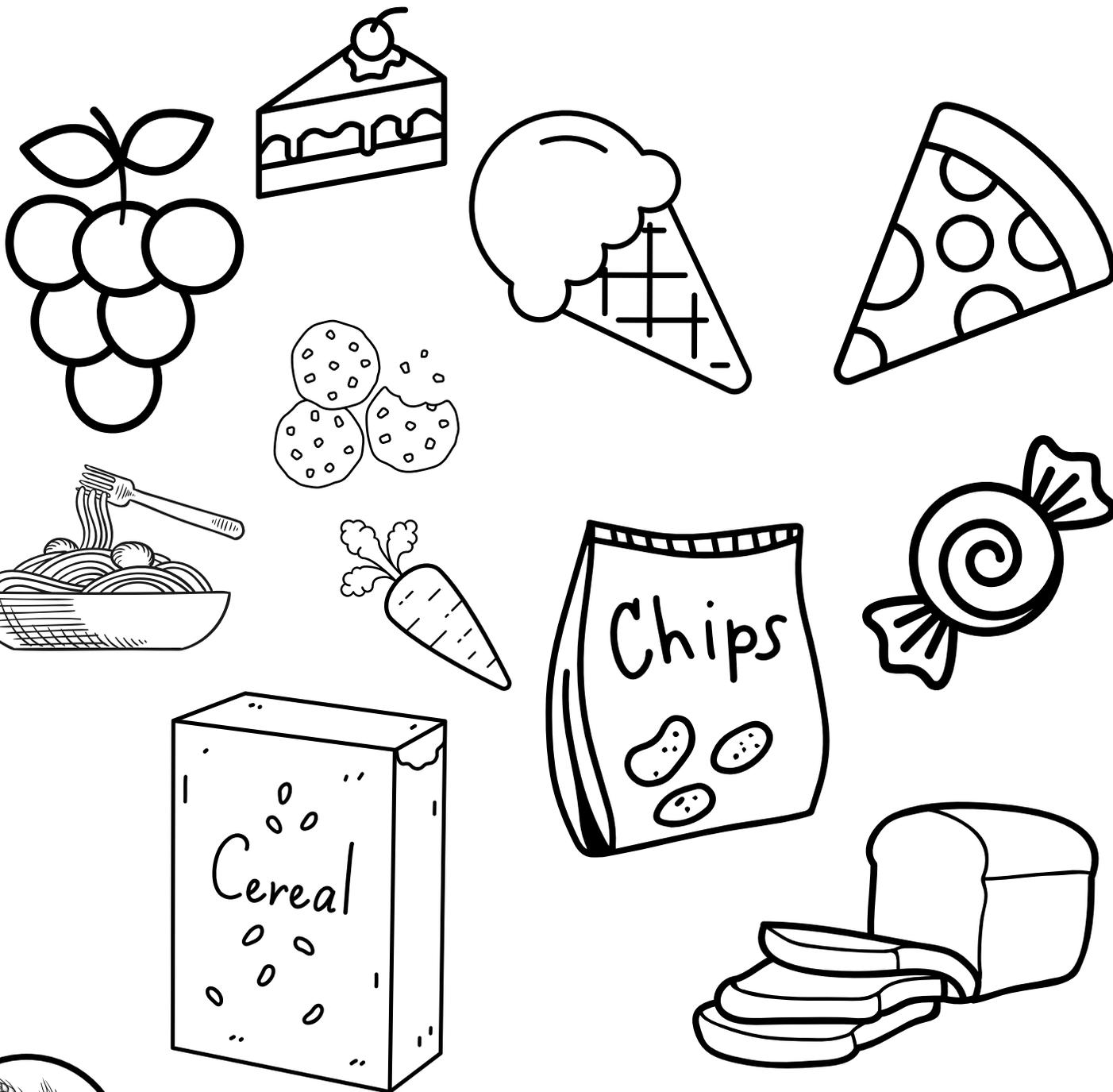


CRABS



WHEAT

CIRCLE THE FOOD ITEMS THAT MAY CONTAIN WHEAT.



SOY

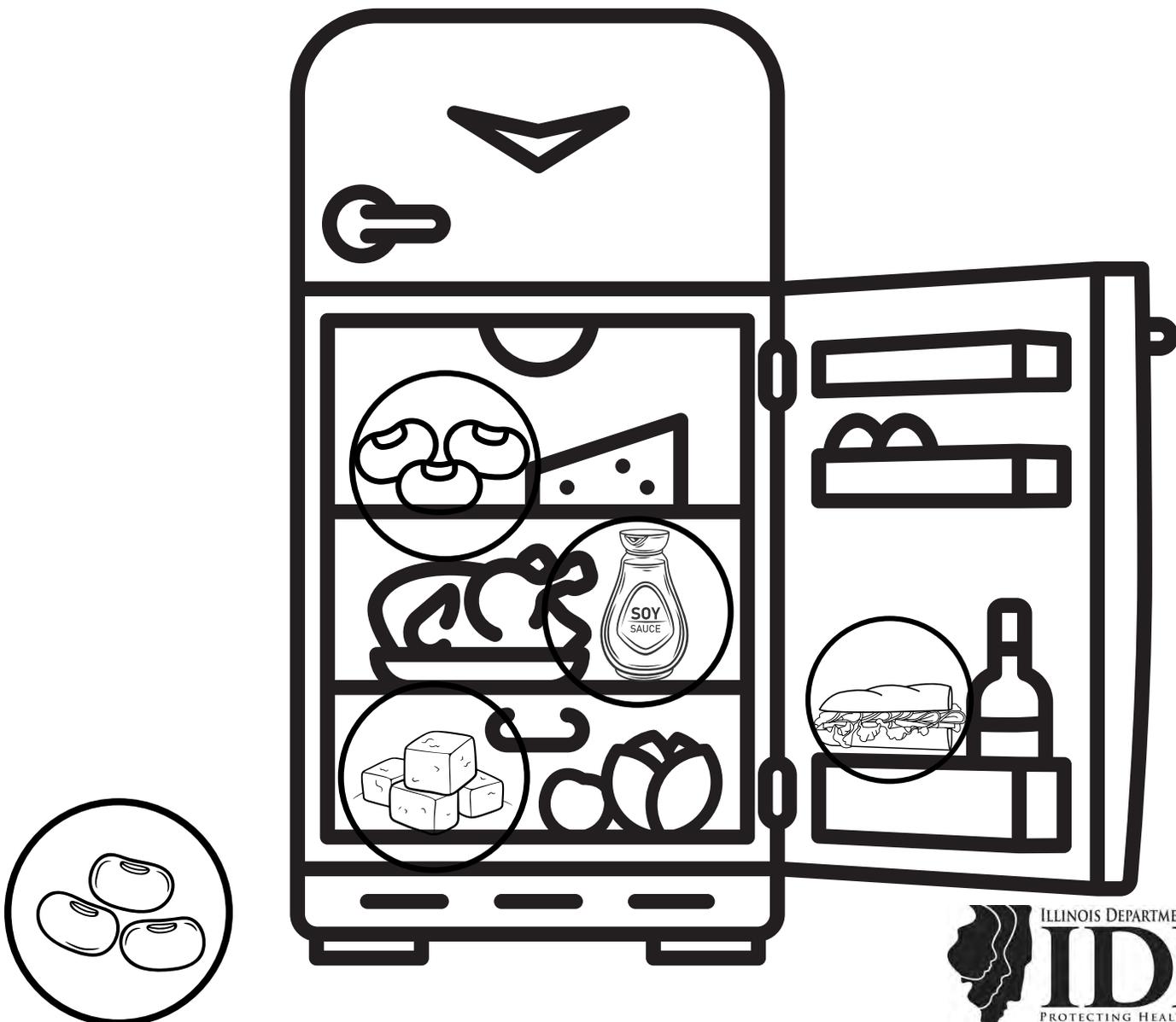
WHAT TYPES OF FOODS IN YOUR REFRIGERATOR CONTAIN SOY?

SOY _E_NS

T _F _

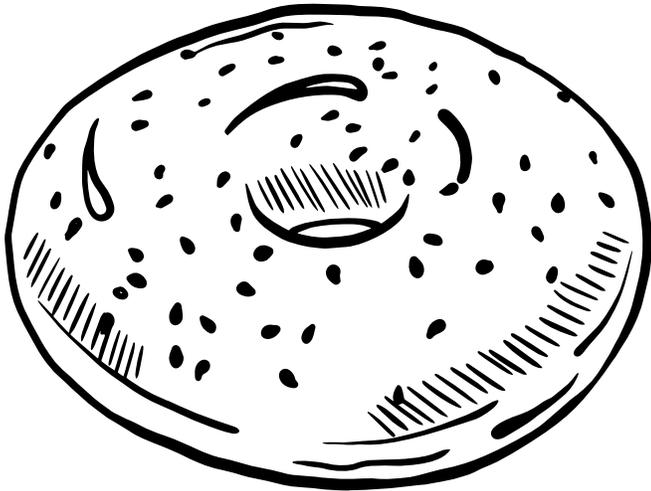
SOY S _ _ CE

D _ LI M _ _ T

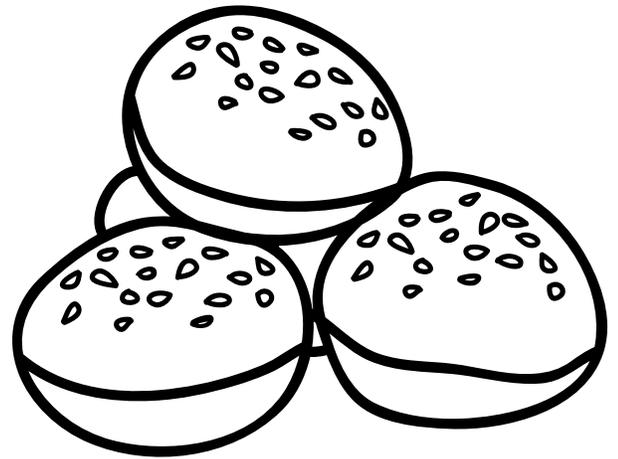


SESAME

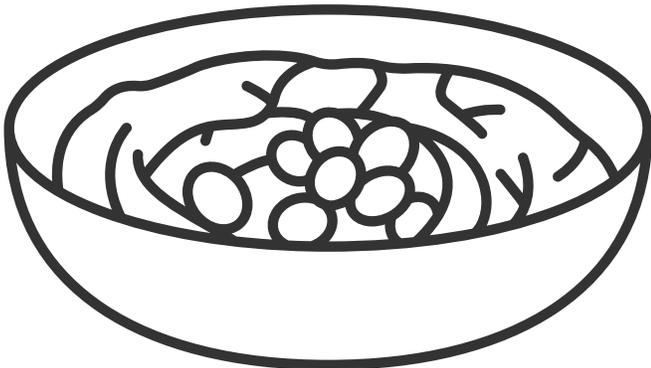
COMPLETE THE WORD TO SHOW
FOODS THAT MAY CONTAIN SESAME.



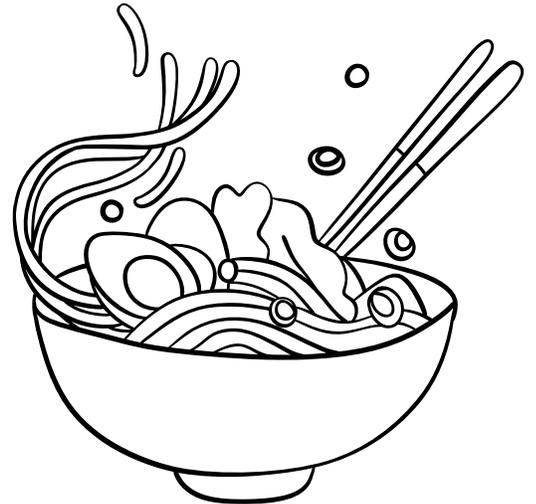
B _ _ _ _ L



B _ _ _ S



H _ _ _ _ _ S

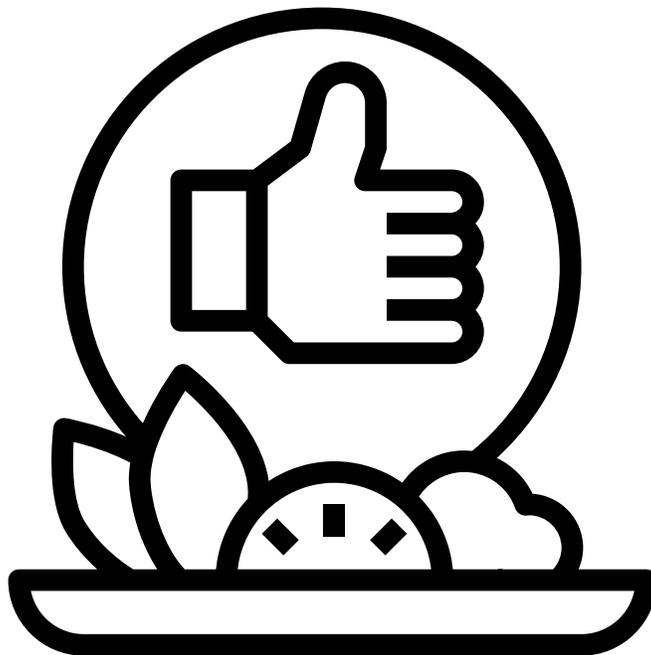


N _ _ _ _ _ _ S

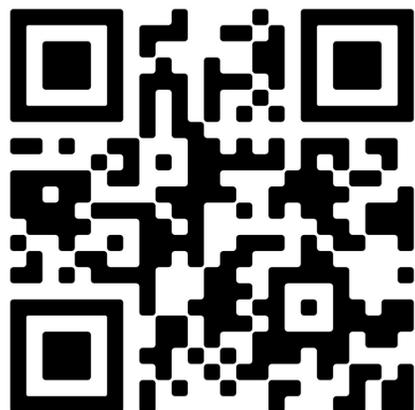


**TO LEARN MORE ABOUT THE IDPH'S FOOD
PROTECTION PROGRAM, VISIT:**

<https://dph.illinois.gov/topics-services/food-safety.html>

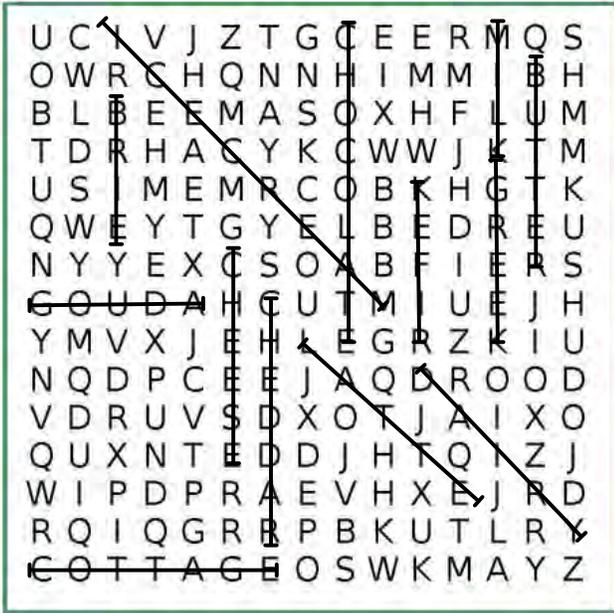


**SCAN
ME**



ANSWER KEY:

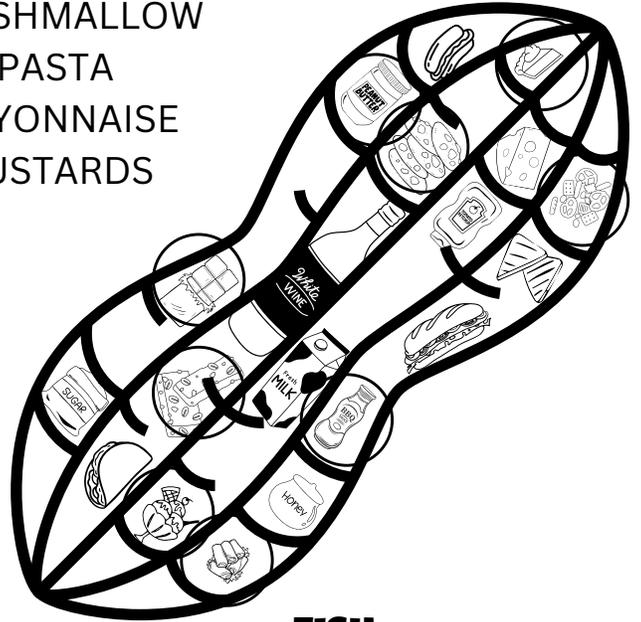
MILK



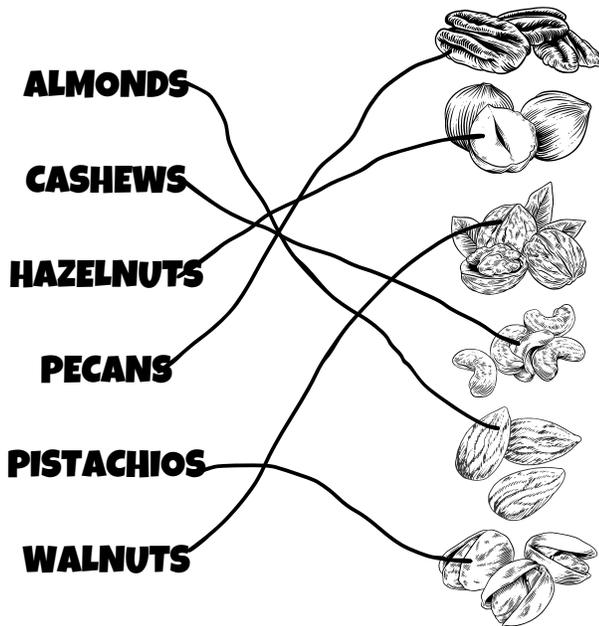
EGGS

PEANUTS

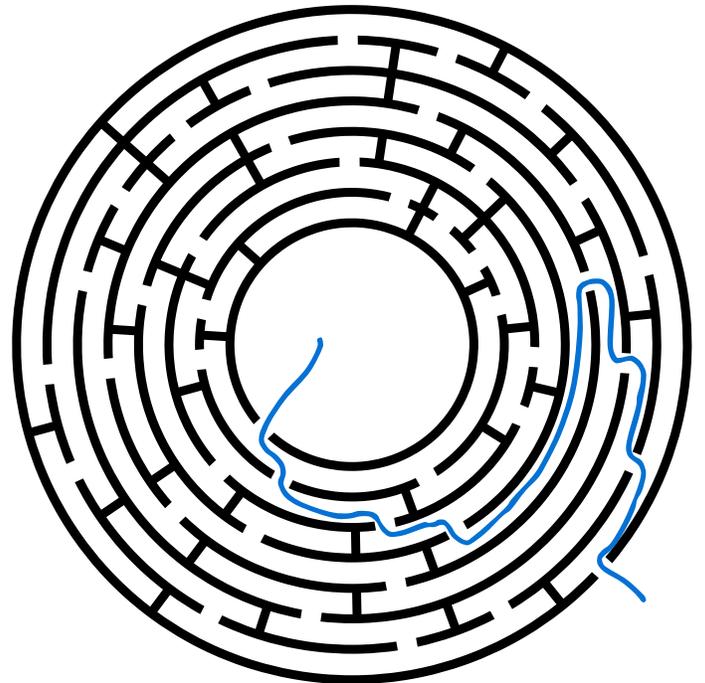
- COOKIES
- MARSHMALLOW
- PASTA
- MAYONNAISE
- CUSTARDS



TREE NUTS



FISH



WHEAT

- CEREAL
- BREAD
- CHIPS
- NOODLES
- COOKIES
- CAKE
- PIZZA
- CONE

SOY

- SOYBEANS
- SOYSAUCE
- TOFU
- DELIMEAT

SESAME

- BAGEL
- BUNS
- HUMMUS
- NOODLES

