

## Activity 1:

## Find the Allergens

Circle the Big 8 Allergens found in each label.

①

**INGREDIENTS:**

Salt, spices, dehydrated garlic,  
dehydrated onion and paprika  
eggs, reduced iron, milk,  
cottonseed oils, and soy.

②

**INGREDIENTS:** Enriched flour (wheat flour,  
niacin, reduced iron, thiamin mononitrate, ribo-  
flavin, folic acid), partially hydrogenated soybean  
and cottonseed oils, salt.



an SCA brand

## Activity 2:

## Find the Hidden Allergens

Which of the Big 8 Allergens do these ingredient lists contain? Circle the Big 8 Allergens that are listed under commonly used names.

①

**Ingredients:** Potatoes\*, Modified Corn Starch, Salt, Sugar, Natural Flavor, **Ricotta Cheese\***, Yeast Extract, **Imitation Bacon Flavored Bits** (soy flour, soybean oil, salt, caramel color, natural flavor), **Onion\***, **Cultured Buttermilk**, Malted Barley, Flour, Chives\*, **Whey**, Color Added. Freshness Preserved by Sodium Bisulfite, Citric Acid.

\*Dried

**CONTAINS MILK AND SOY;**  
**MAY CONTAIN WHEAT**  
**INGREDIENTS.**

②

• Vitamin C 0% • Calcium 2% • Iron  
• Riboflavin 10% • Niacin 10% • Foli

R, MALTED BARLEY FLOUR, FERROUS SULFATE (IRON), THIAMIN  
HEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, S  
TE, CALCIUM PROPIONATE (A PRESERVATIVE), ETHOXYLATED M  
IM SULFATE), CARAMEL COLOR, CITRIC ACID, AZODICARBONAM

**CONTAINS WHEAT, SOY AND MILK INGREDIENTS.**

