

A food allergen is a protein in a food or ingredient that some people are sensitive to. These proteins occur naturally. When enough of an allergen is eaten, an allergic reaction can occur. You must make sure that allergens are not transferred from food containing an allergen to the food that is to be eaten. This is called cross-contact.

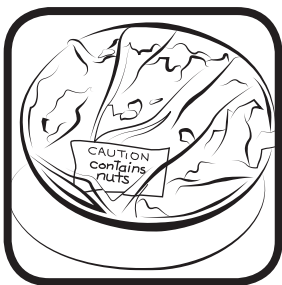
### How Cross-Contact Can Occur

Cross-contact can happen in any of the following ways.

- Cooking different types of food in the same fryer oil.
- Putting food on surfaces that have touched allergens.
- Not washing, rinsing, and sanitizing utensils.



Frying shrimp with breaded chicken in the same fryer oil



Label food

### Steps to Avoid Cross-Contact

- Wash, rinse, and sanitize cookware, utensils, and equipment after handling a food allergen.
- Wash your hands and change gloves before prepping food.
- Use separate fryers and cooking oils when frying food for customers with food allergies.
- Prep food for customers with food allergies in a separate area from other food.
- Label food packaged on-site for retail sale. Name all major allergens on the label and follow any additional labeling requirements.

### Preventing Allergic Reactions

Be aware of common allergy symptoms and common food allergens.

#### Common Allergy Symptoms

- Nausea
- Wheezing or shortness of breath
- Hives or itchy rashes
- Swelling of various parts of the body include the face, eyes, hands, or feet
- Vomiting and/or diarrhea
- Abdominal pain

#### Common Food Allergens

- Milk
- Eggs
- Fish
- Shellfish
- Wheat
- Soy
- Peanuts
- Tree nuts such as almonds, walnuts, and pecans

**Directions:** Place an **X** next to the symptoms that could indicate a customer is having an allergic reaction.

- \_\_\_\_\_ 1. Nausea
- \_\_\_\_\_ 2. Bruising
- \_\_\_\_\_ 3. Sneezing
- \_\_\_\_\_ 4. Coughing
- \_\_\_\_\_ 5. Itchy rash
- \_\_\_\_\_ 6. Hives
- \_\_\_\_\_ 7. Swollen face
- \_\_\_\_\_ 8. Abdominal pain
- \_\_\_\_\_ 9. Swollen abdomen
- \_\_\_\_\_ 10. Increased appetite
- \_\_\_\_\_ 11. Shortness of breath
- \_\_\_\_\_ 12. Tightening in the chest
- \_\_\_\_\_ 13. Tingling in the arms
- \_\_\_\_\_ 14. Diarrhea

Be Safe, Don't Cross-Contaminate

## Week 5 | Activity 2: The Most Common Food Allergens

NATIONAL  
FOOD  
SAFETY  
MONTH  
September 2012



**Directions:** Place an **X** next to a food if it is or has a common food allergen.

- \_\_\_\_\_ 1. Tea
- \_\_\_\_\_ 2. Cod
- \_\_\_\_\_ 3. Wheat flour
- \_\_\_\_\_ 4. Melons
- \_\_\_\_\_ 5. Peanut butter
- \_\_\_\_\_ 6. Crab legs
- \_\_\_\_\_ 7. Potatoes
- \_\_\_\_\_ 8. Mushrooms
- \_\_\_\_\_ 9. Tomatoes
- \_\_\_\_\_ 10. Pecan pie
- \_\_\_\_\_ 11. Citrus fruit
- \_\_\_\_\_ 12. Green peppers
- \_\_\_\_\_ 13. Squash
- \_\_\_\_\_ 14. Soybeans
- \_\_\_\_\_ 15. Rice and rice products