

Activity 1: Identify the Symptoms

- ☒ 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

Activity 2: The Most Common Food Allergens

- _____ 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