




Teacher Worksheet Guide

Intermediate

1. Name that Nut


- **Purpose:** For students to have a better understanding of what actual tree nuts look like and to identify them individually.
- **Answers:** 1: Brazil Nut, 2: Cashew, 3: Pine Nut, 4: Hazelnut, 5: Hickory Nut, 6: Macadamia Nut, 7: Pistachio Nut, 8: Walnut, 9: Lychee Nut, 10: Pecan, 11: Peanut, 12: Almond

2. Ingredient List Detective

- **Purpose:** For students to practice reading an ingredient list and learn to identify allergens.
 - **Answers:**
 - Chocolate Bar: Contains Eggs, Milk, Soy, Wheat (Barley malt extract)
 - Barbeque Sauce: Mustard, Seafood, Soy
 - Hot Dog: Milk, Mustard, Wheat
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- **Purpose:** To quiz students general allergy knowledge with a fun puzzle exercise.
- **Answers:**

ALLERGIES!



Household ___ mites frequently cause irritation

___ can be poached, scrambled, fried or avoided altogether

People who are lactose intolerant shouldn't drink ___ or eat cheese

Some foods are labeled "May contain ___" as an allergy warning

Freshly mowed ___ can cause many allergy symptoms

___ are a usually harmless rash caused by an allergic reaction

Some people cannot wear or use ___ gloves

Some medicines cause photosensitivity, or a reaction to ___

Different ___, whether black or green, can trigger asthma problems

People with ___ are more susceptible to allergy problems

Dog, cat and other animal ___ can irritate your sinuses

People who can't eat wheat products are considered ___ intolerant

___ bites or stings can be very dangerous for some people

___ ivy, oak and sumac cause a blistering rash on contact with skin

Tree ___ can cause many people sneezing fits

___ seed allergies are increasing, so watch those hamburger buns

NSAID and ___ allergies are more common in people with asthma

___ ache, cramping and diarrhea are common signs of food intolerance

General term for springtime allergies to trees, grass and pollens

___, runny nose, itchy and watery eyes are common allergy symptoms

___ is a way for the body to remove toxins quickly from the stomach

___ include crabs, clams, lobster and shrimp

Some ___ used in candles, perfume and aromatherapy irritate sinuses

Only 2-6% of people have true food allergies, others are ___

This antibiotic can cause some people serious problems

___ is a severe response to an allergen that can lead to death

___ of the bronchial tubes is dangerous for asthma sufferers

___ are considered allergy blockers and are in many allergy medicines

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

Enter unused letters from puzzle, in order:

G K H N O Y W M Y N

O U V R D T R T I

H G P G E L R W S

Copy boxed letters to form your hidden message:

K N O W Y O U R T R I G G E R S

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4. Design a Food Allergy Bracelet

- **Purpose:** For students to think through the elements that should be included on a food allergy I.D.
- **Answers:** Creative designs are welcome and should include allergens and other helpful features (e.g. emergency number).


5. Order of the Emergency Procedure

Purpose: For students to understand the sequential steps to help in an anaphylactic emergency.

Answers:

#1 – C: Lay the person down

Why? To avoid injury in the case the person loses consciousness.



#2 – A: Give the first dose of epinephrine

Why? It's important to give epinephrine as soon as possible.

#3 – D: Call the emergency number

Why? To get emergency help on the way as soon as possible.

#4 – E: Give the second dose of epinephrine/adrenaline if needed

Why? If the symptoms are not improving or getting worse, a second dose may be needed.

#5 – B: Go to the hospital

Why? There the reaction can be monitored and treated in the case it worsens or comes back (known as a biphasic reaction).

6. Symptoms of an Allergic Reaction

- **Purpose:** To identify the signs and symptoms of an allergic reaction
- **Answers:** Clockwise Order: Dizziness, Swelling of the mouth and lips, rashes/hives, stomach pain/diarrhea, swelling of the throat/difficulty breathing.

7. What is Cross-Contamination?

- **Purpose:** To understand how cross-contamination can occur in real life situations.
 - **Answers:**
 - 1: A
 - 2: B
 - 3: A
 - 4: A
 - 5: B
 - 6: A
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