



# 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







#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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