

Food Allergy Jeopardy

Round 1 – True or False

1 Point for Each Correct Answer

1. Anaphylaxis means a “potentially life-threatening allergic reaction”.
 - *True*
 - *False*
2. A peanut is a type of tree nut.
 - *True*
 - *False*
3. A doctor who can typically diagnose food allergies is called an allergist.
 - *True*
 - *False*
4. Lactose intolerance is the same thing as a milk allergy.
 - *True*
 - *False.*
5. Urine testing can tell you if you are allergic to something.
 - *True*
 - *False*
6. If you are allergic to sesame seeds, you will also be allergic to sunflower seeds.
 - *True*
 - *False*
7. Anaphylaxis should be treated with an antihistamine pill (e.g. Benadryl®).
 - *True*
 - *False*
8. Epinephrine auto-injectors (*i.e. EpiPen®*) are not reusable and expire within approximately one year.
 - *True*
 - *False*

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9. Hand sanitizer is more effective at getting rid of peanut protein from your hands than soap and water.
- *True*
 - *False*
10. The only symptoms of an allergic reaction are breathing difficulty and hives.
- True*
False
11. Besides food, other causes of anaphylaxis can include medicine, insect stings, latex as well as exercise.
- *True*
 - *False*
12. It is possible to develop allergies at any point in life, but impossible to grow out of them.
- *True*
 - *False*
13. There is a cure for food allergies, but it's very expensive and only available for the rich.
- *True*
 - *False*
14. If someone has allergies, there is a good chance they have asthma too.
- *True*
 - *False*
15. People with food allergies are at risk of having a reaction from kissing someone who has recently eaten a food to which they are allergic.
- *True*
 - *False*

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Round 2 – Multiple Choice

2 Point for Each Correct Answer

1. How many Canadians are estimated to have at least one food allergy?
 - a. 2.5 million
 - b. 8.2 million
 - c. 18 million
2. What's the best place for an allergic person to keep their auto-injector (e.g. EpiPen®)?
 - a. With them at all times (e.g. pocket, purse, backpack)
 - b. In their locker
 - c. In a car glove compartment
3. In what part of the body should the auto-injector be injected?
 - a. Chest
 - b. Shoulder
 - c. Thigh
4. What product would be safe for someone with a milk allergy to eat?
 - a. Yogurt
 - b. Eggs
 - c. Cheese
5. Celiac Disease is:
 - a. An allergy to wheat
 - b. An intolerance to wheat
 - c. A fear of wheat
6. What is the name of the bracelet that people with allergies often wear to let others know of their condition?
 - a. A MedicAlert® bracelet
 - b. A Hospital bracelet
 - c. The Ana-Brace 911®
7. Anaphylaxis is caused by what system in the body?
 - a. The immune system
 - b. The respiratory system
 - c. The digestive system

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8. If your friend is having an allergic reaction and leaves to try and treat it alone, what should you do?
 - a. Double check that they have their medicine before they go.
 - b. Let them go and wish them good luck.
 - c. Tell an adult and don't let them go anywhere alone.

9. Which product "precautionary statement" would pose the biggest risk for someone allergic to peanuts?
 - a. "May contain peanuts"
 - b. "Made in the same facility as products containing peanuts"
 - c. Both could be equally dangerous

10. If someone is having anaphylactic reaction, what is the correct emergency procedure to follow?
 - a. Give epinephrine → Call 911 → Use second dose of epinephrine if needed → Go to hospital
 - b. Use epinephrine, → Drive to hospital
 - c. Take an anti-histamine (e.g. Benadryl) → Call 911 → Use epinephrine → Go to hospital

Round 3 – Final Jeopardy

3 Point for Each Correct Answer

List the top 10 most common/priority allergens in Canada

1		6	
2		7	
3		8	
4		9	
5		10	