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FOOD ALLERGIES -

WHAT YOU SHOULD KNOW

2.0 HR

ILLINOIS CHILD CARE BUREAU

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 \_\_\_\_\_  
*Provider Signature* *Date Completed*

1. What eight foods account for 90% of food allergies? \_\_\_\_\_  
 \_\_\_\_\_
2. If a child is allergic to a food, symptoms will more likely appear the second time he eats it, not the first. T F
3. Anaphylaxiis is a potentially fatal allergic reaction that causes the throat to swell and makes breathing difficult to impossible. T F
4. Peanut allergy doubled in children over a five year period from 1997 - 2002. T F
5. What is your opinion on why food allergies are increasing at such an alarming rate?  
 \_\_\_\_\_
6. Food allergy symptoms usually appear soon after a food is eaten - a few minutes to a few hours. T F
7. Allergies to \_\_\_\_\_ and \_\_\_\_\_ often go away as children get older.
8. If a child is allergic to peanuts, he is very likely to outgrow it. T F
9. The American Academy of Pediatrics currently does not think it necessary to delay introduction of highly allergic foods unless there is a history of food allergies in a baby's family. T F
10. List two symptoms that are suggestive of a milk allergy in formula fed infants.  
 \_\_\_\_\_
11. The vast majority of children are "sensitive" to sugar and become hyper after eating sugary foods. T F
12. Food intolerances may be easily mistaken for a food allergy. T F
13. Food sensitivities and intolerances are much more common than cases of food allergy. T F
14. Food labels are required to indicate if a food contains one of the top 8 food allergens. T F
15. Even a little taste of a food that a child is allergic to may cause a reaction. T F
16. Children are more allergic to foods than adults. T F
17. Allergy shots are an overall effective treatment for food allergies. T F
18. Consuming highly refined peanut oil should not be a problem for a child with a peanut allergy. T F
19. Most people with food allergies are allergic to fewer than four foods. T F
20. What would you do if an infant or toddler is showing signs of breathing difficulty shortly after eating lunch? \_\_\_\_\_
  - a) Wait at least 30 minutes to see if he improves
  - b) Call the parent(s) and ask them what to do.
  - c) Dial 911 and then contact the parents
  - d) Perform the Baby Heimlich maneuver since the baby is obviously choking