

Food Allergy

Self-Testing Quiz

True or False Questions

Check true to the ones that are related or have ever been related for you or Fales for those that don't apply		
Question	True	False
An allergic reaction to food usually starts hours after eating		
Sometimes a case of food poisoning can be confused with a food allergy		
The only way to treat a food allergy is by not eating the food		
An allergic reaction to peanuts can be serious or even fatal, but children often outgrow this allergy		
Food intolerance can be more serious than a food allergy		
Infants are at higher risk for fatal food-induced anaphylaxis than teenagers		
The results of food-specific IgE tests (skin prick test, serum levels) reliably predict the severity of future reactions to the food		
Exercising after ingesting food may increase the severity of the reaction		
A patient with peanut allergy and asthma should be prescribed an epinephrine autoinjector		
Epinephrine injected deep into the muscle is a first-line treatment in Food Protein-Induced Enterocolitis Syndrome (FPIES)		
Allergy testing accurately identifies the food triggers in eosinophilic esophagitis (EoE)		
A child with peanut allergy has about a 20% chance of outgrowing peanut allergy		
Peanuts and tree nuts are the most common triggers in cases of fatal food-induced anaphylaxis		

Multiple Choice Questions

- 1) Which of the following conditions is a non-IgE-mediated reaction?
 - A. Anaphylaxis
 - B. Celiac disease
 - C. Lactose intolerance
 - D. Oral allergy syndrome

- 2) Which of the following symptoms is commonly associated with true food allergy?
 - A. Itchiness
 - B. Vomiting
 - C. Heartburn
 - D. Gas/bloating

- 3) How many named allergens are there that must be displayed on food labels and menu boards?
 - A. 10
 - B. 23
 - C. 5
 - D. 14

- 4) Which allergen causes a reaction in sufferers of coeliac disease?
 - A. Molluscs
 - B. Gluten
 - C. Dairy
 - D. Peanuts

- 5) If someone is suffering from a severe allergic reaction (anaphylaxis), what should you do?
- A. Ask the customer to call a family member
 - B. Call for an ambulance
 - C. Send the customer home
 - D. Give the customer a hot drink
- 6) Due to cross-reactivity, an individual with allergy to natural rubber latex may also have allergy to:
- A. Honey
 - B. Parsley
 - C. Avocado
 - D. Egg Yolk
- 7) Food allergy manifests itself most commonly with reactions in the?
- A. Cutaneous system
 - B. Respiratory system
 - C. Cardiovascular system
 - D. Gastrointestinal system
- 8) Asthmatic symptoms, such as bronchospasms and/or wheezing, occur most often with exposure to:
- A. Wheat
 - B. Peanuts
 - C. Seafood
 - D. Monosodium glutamate

9) Which of the following is NOT a recommended diagnostic test for food allergy?

- A. Skin prick test
- B. Elimination diet
- C. Atopy patch test
- D. Food allergen-specific IgE

10) Which of the following is a potential hidden source of soy?

- A. Ice cream
- B. Canned tuna
- C. Egg substitute
- D. Luncheon meat

11) For individuals with a food allergy, the most common cause of allergic reactions resulting from a meal in a restaurant is:

- A. Incorrect food item served
- B. Cross contamination of food item served
- C. Inhalation of fumes related to food allergen
- D. Food allergen is ingredient of food item served

12) When reading food labels, parents of children with food allergy have had the most problems identifying products containing

- A. Soy
- B. Egg
- C. Milk
- D. Wheat

True or False Questions Answer Key

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The only way to treat a food allergy is by not eating the food	•	
An allergic reaction to peanuts can be serious or even fatal, but children often outgrow this allergy		•
Food intolerance can be more serious than a food allergy		•
Infants are at higher risk for fatal food-induced anaphylaxis than teenagers		•
The results of food-specific IgE tests (skin prick test, serum levels) reliably predict the severity of future reactions to the food		•
Exercising after ingesting food may increase the severity of the reaction	•	
A patient with peanut allergy and asthma should be prescribed an epinephrine autoinjector	•	
Epinephrine injected deep into the muscle is a first-line treatment in Food Protein-Induced Enterocolitis Syndrome (FPIES)		•
A detailed history can accurately identify food triggers in patients with atopic dermatitis (AD)		•
Allergy testing accurately identifies the food triggers in eosinophilic esophagitis (EoE)		•
A child with peanut allergy has about a 20% chance of outgrowing peanut allergy	•	
Peanuts and tree nuts are the most common triggers in cases of fatal food-induced anaphylaxis.	•	

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