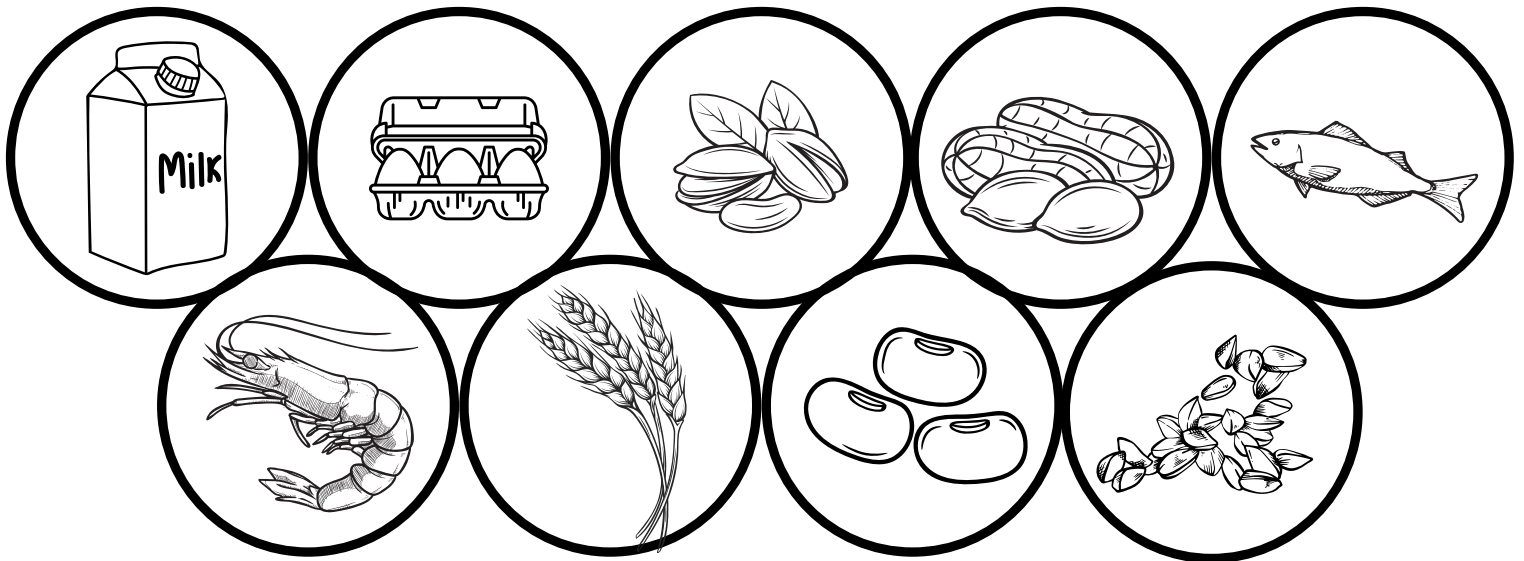


# ACTIVITY GUIDE ABOUT THE MAJOR FOOD ALLERGENS

The U.S. Food and Drug Administration identifies nine foods as major food allergens. Major food allergens are foods that cause most of the allergic reactions in people. The most common major food allergens are milk, eggs, tree nuts, peanuts, fish, crustacean shellfish, wheat, soy, and sesame.

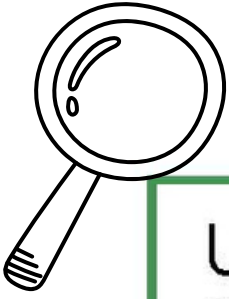


It is important to be aware what types of foods contain food allergens. These foods cause over 90% of food allergic reactions.

This activity guide will provide a look at different foods and the common food allergens hidden in them.

# MILK

**FIND THE FOOD ITEMS THAT MAY  
CONTAIN MILK.**



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

**MILK  
DAIRY  
CHEESE  
CHEDDAR  
GOUDA  
BRIE**

**KEFIR  
CHOCOLATE  
LATTE  
ICE CREAM  
COTTAGE  
GREEK**

**BUTTER**



# EGGS

**UNSCRAMBLE THE WORDS TO DISCOVER  
FOOD ITEMS THAT MAY CONTAIN EGGS.**

**KOOCISE**

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**ASMLOSMRHALW**

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**SAPAT**

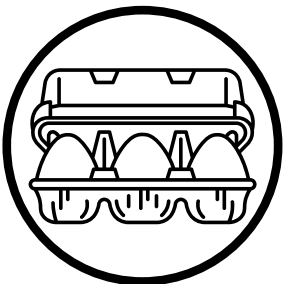
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**ESIANNYOYAM**

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**UTRDSCSA**

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# TREE NUTS

**MATCH THE TREE NUT WITH THE PICTURE.**

**ALMONDS**

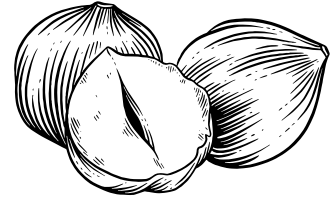
**CASHEWS**

**HAZELNUTS**

**PECANS**

**PISTACHIOS**

**WALNUTS**



# PEANUTS

**FIND ALL THE FOODS THAT MAY  
CONTAIN PEANUTS.**

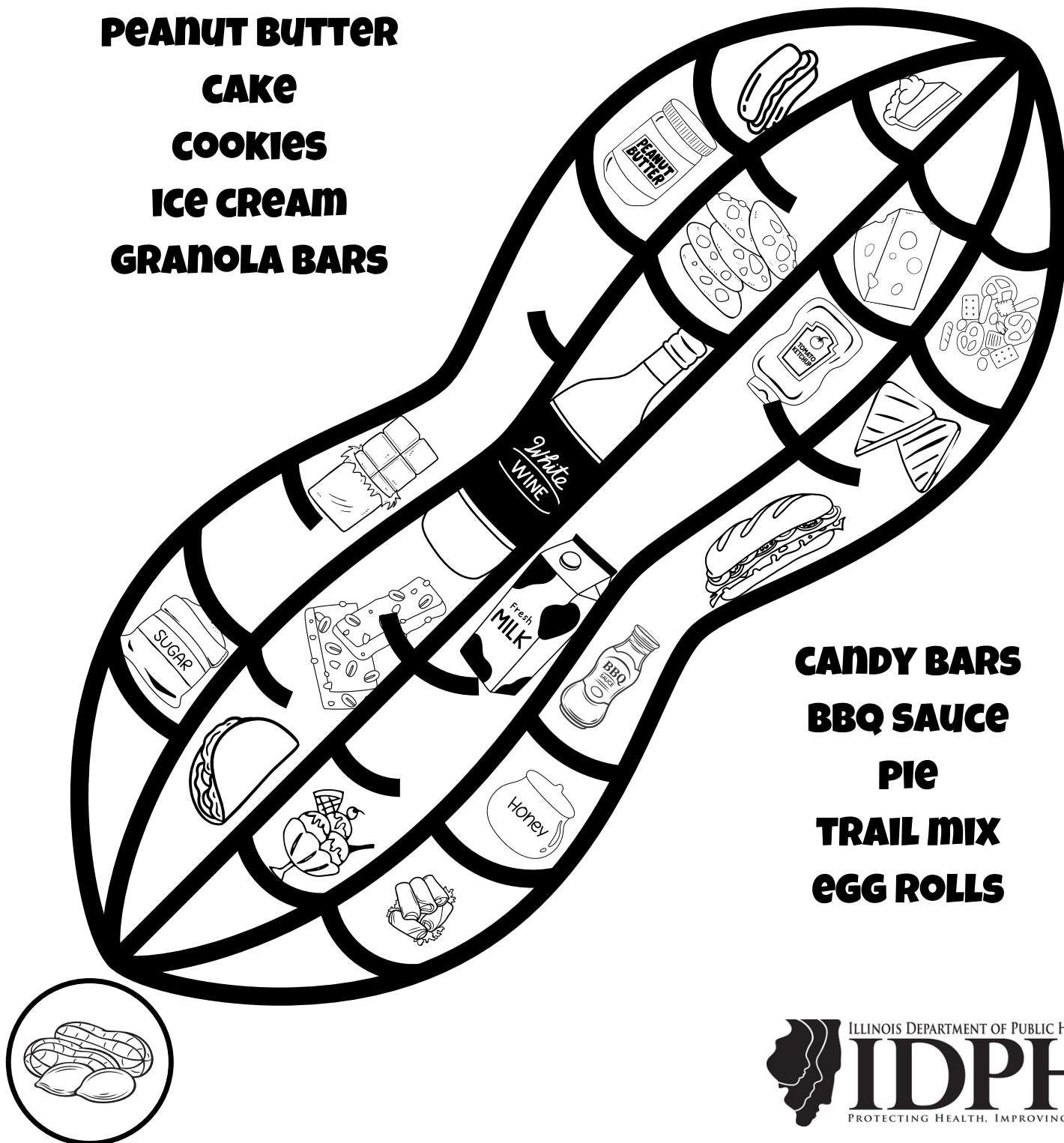
**PEANUT BUTTER**

**CAKE**

**COOKIES**

**ICE CREAM**

**GRANOLA BARS**



**CANDY BARS**

**BBQ SAUCE**

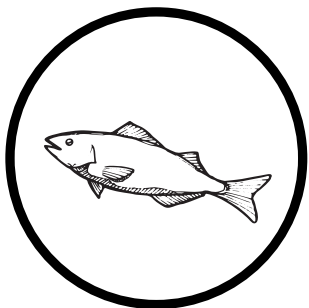
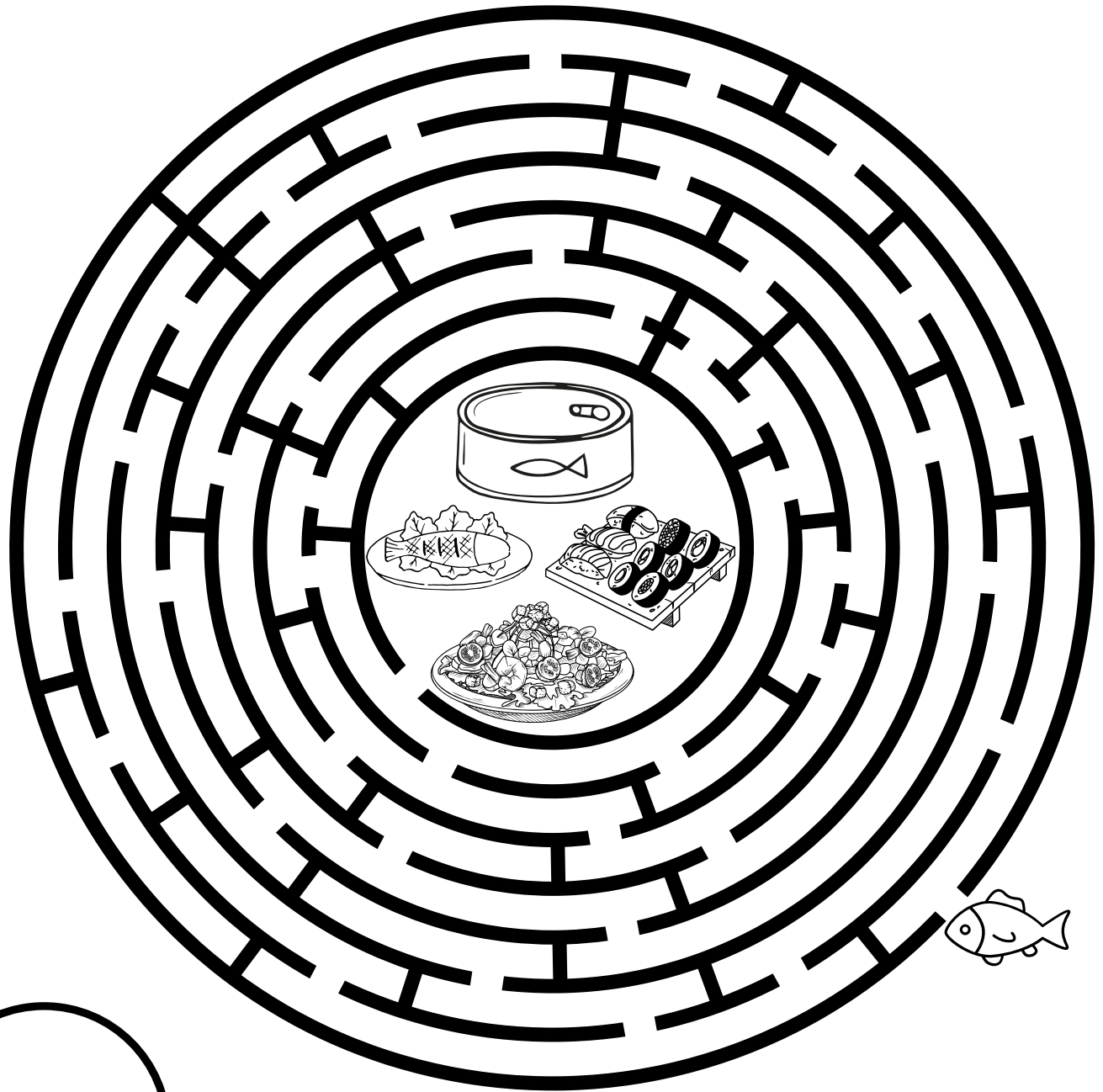
**PIE**

**TRAIL MIX**

**EGG ROLLS**

# FISH

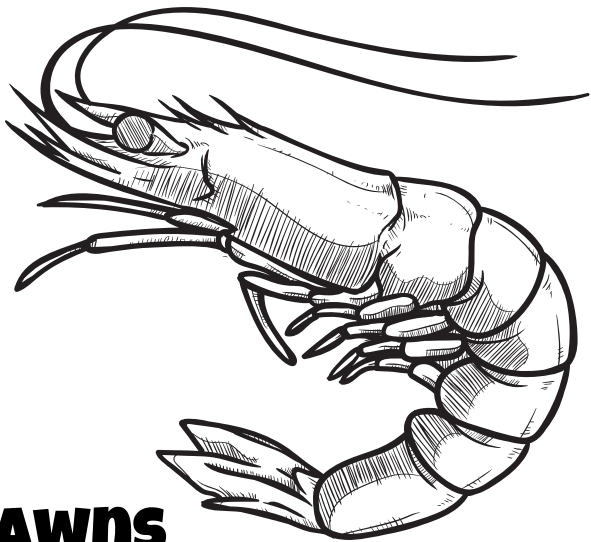
**COMPLETE THE MAZE TO FIND FOOD ITEMS THAT MAY CONTAIN FISH.**



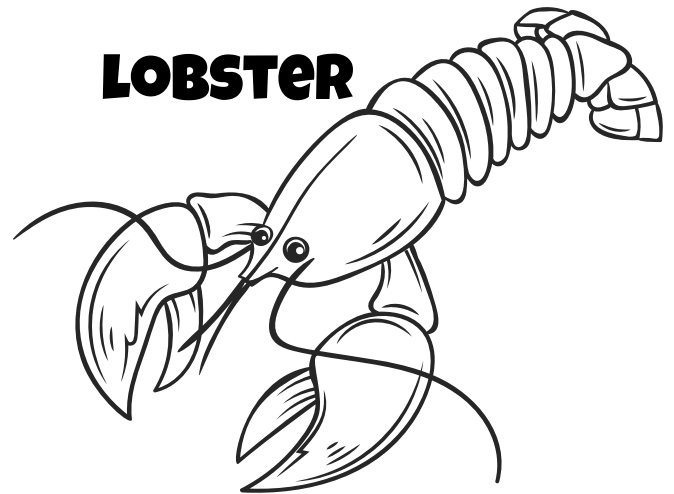
# CRUSTACEAN

# SHELLFISH

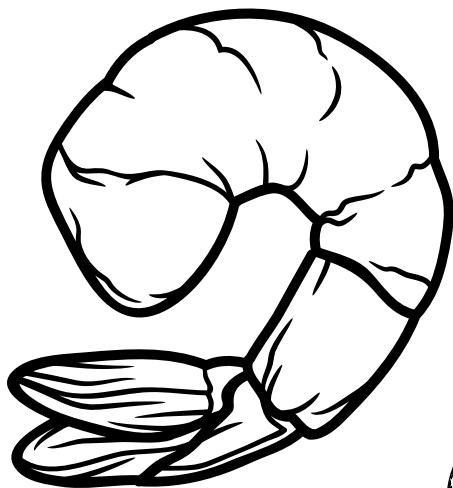
**COLOR THE CRUSTACEAN SHELLFISH.**



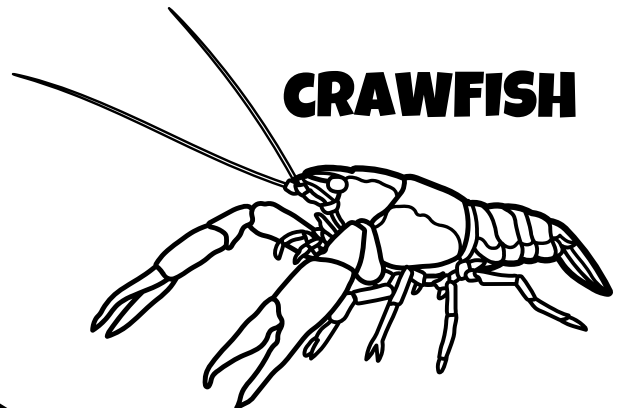
**PRAWNS**



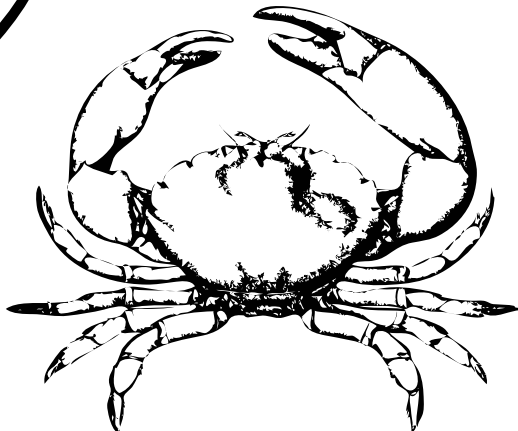
**LOBSTER**



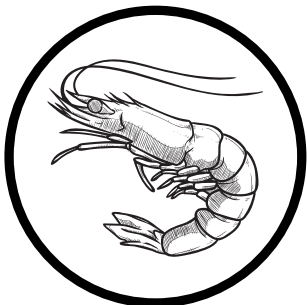
**SHRIMP**



**CRAWFISH**

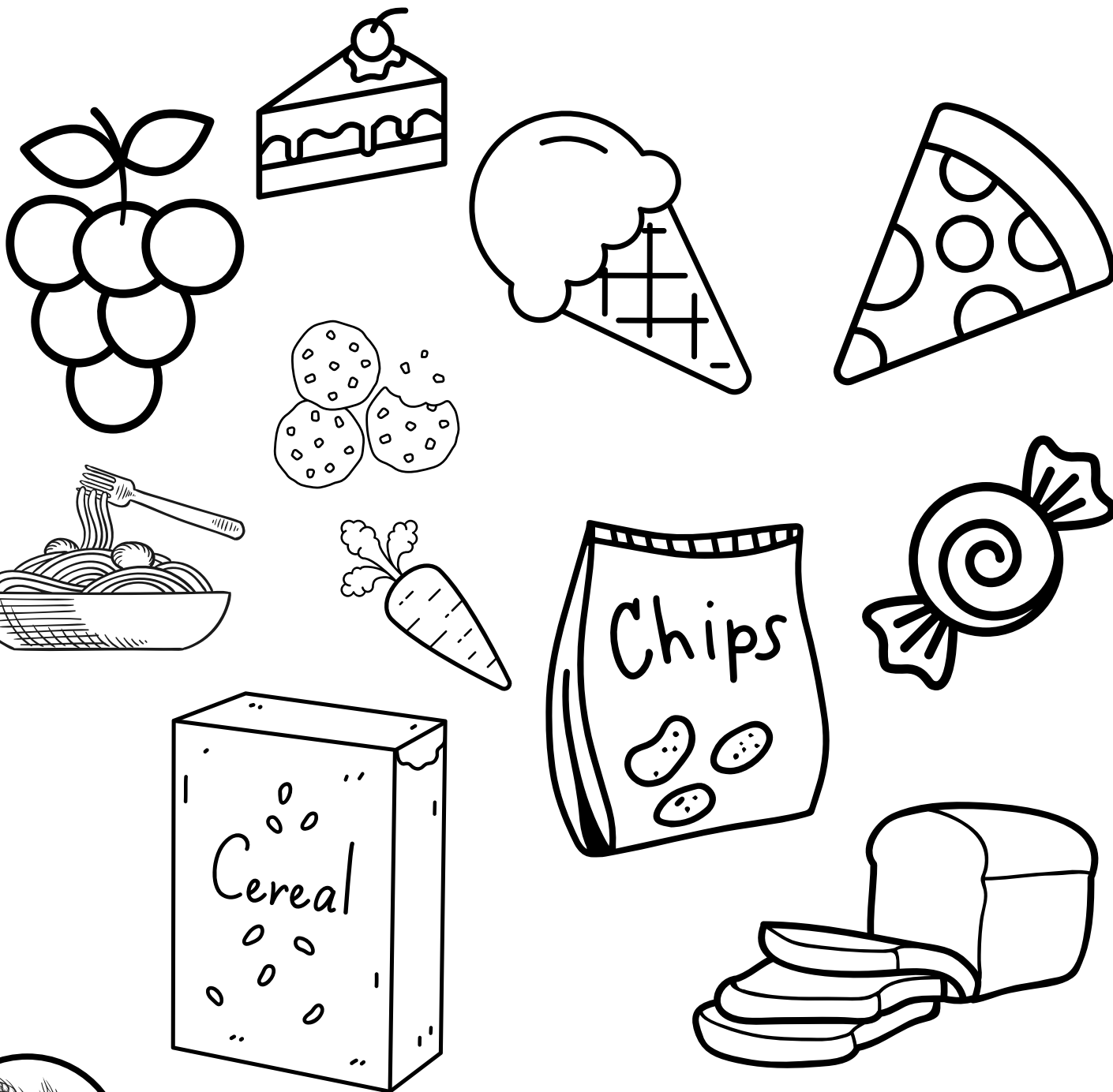


**CRABS**



# WHEAT

**CIRCLE THE FOOD ITEMS THAT MAY CONTAIN WHEAT.**





# SOY

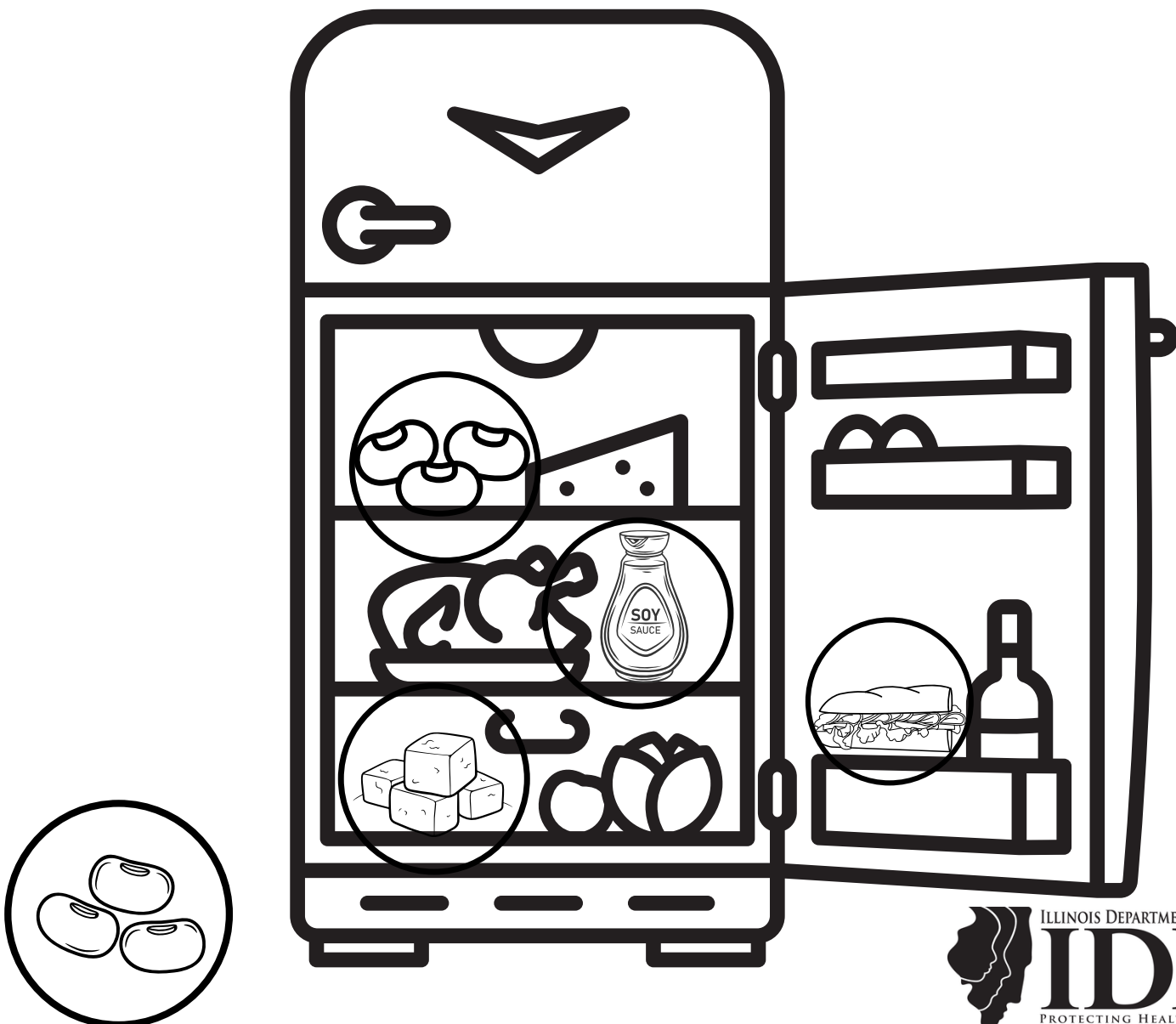
**WHAT TYPES OF FOODS IN YOUR REFRIGERATOR CONTAIN SOY?**

**SOY \_E\_NS**

**T \_F \_**

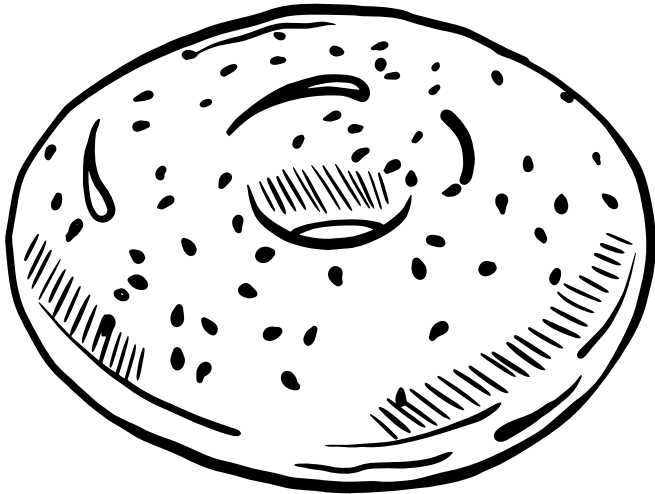
**SOY S \_ \_ CE**

**D \_ LI M \_ \_ T**

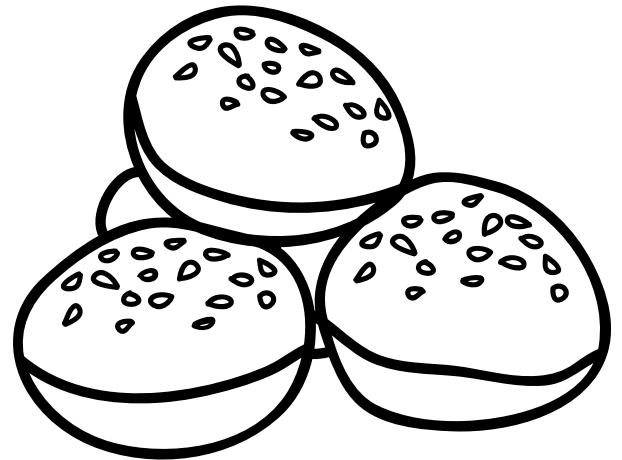


# SESAME

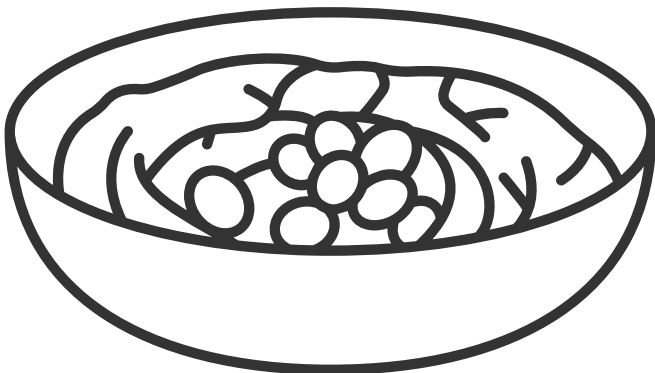
COMPLETE THE WORD TO SHOW  
FOODS THAT MAY CONTAIN SESAME.



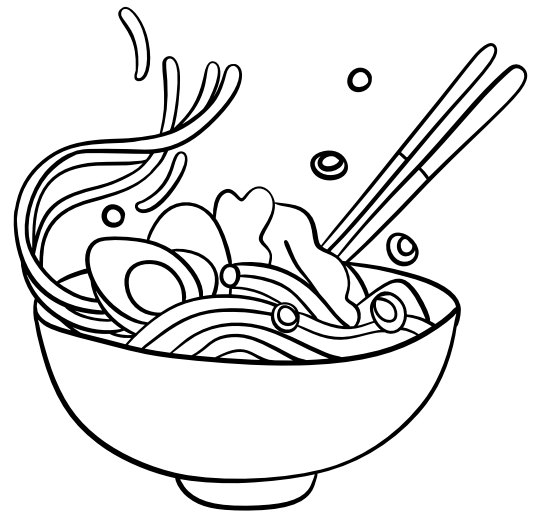
B \_ \_ \_ \_ L



B \_ \_ \_ S



H \_ \_ \_ \_ \_ S

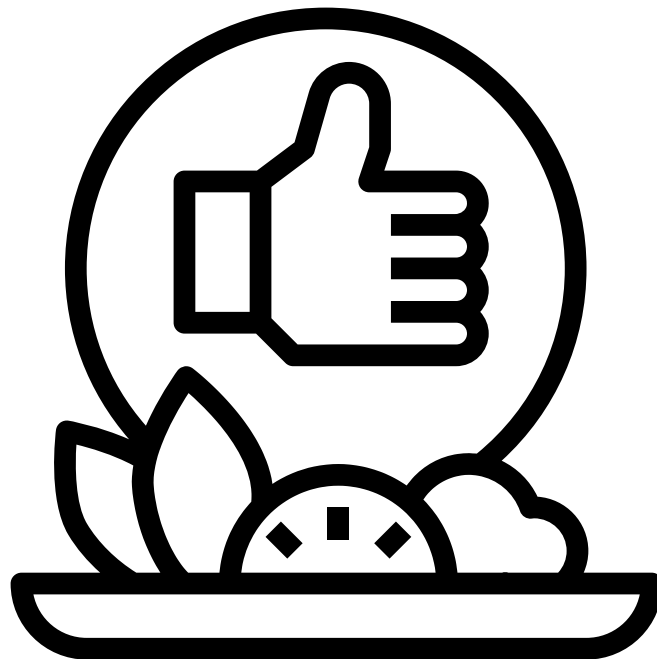


N \_ \_ \_ \_ \_ \_ S

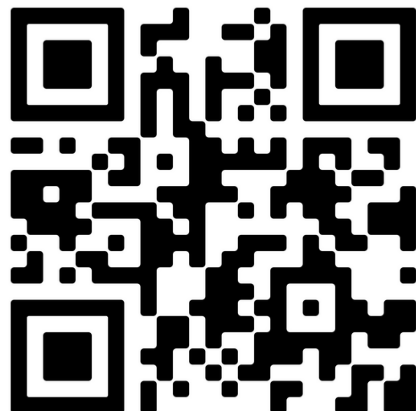


# **TO LEARN MORE ABOUT THE IDPH'S FOOD PROTECTION PROGRAM, VISIT:**

<https://dph.illinois.gov/topics-services/food-safety.html>

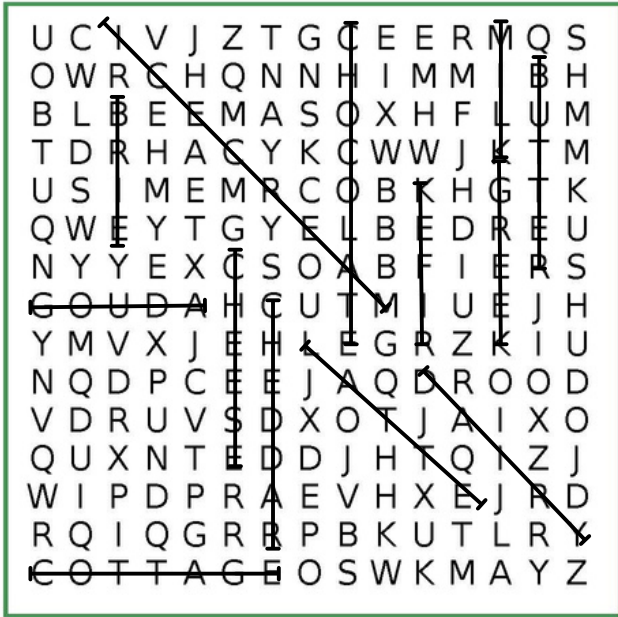


**SCAN  
ME**



# ANSWER KEY:

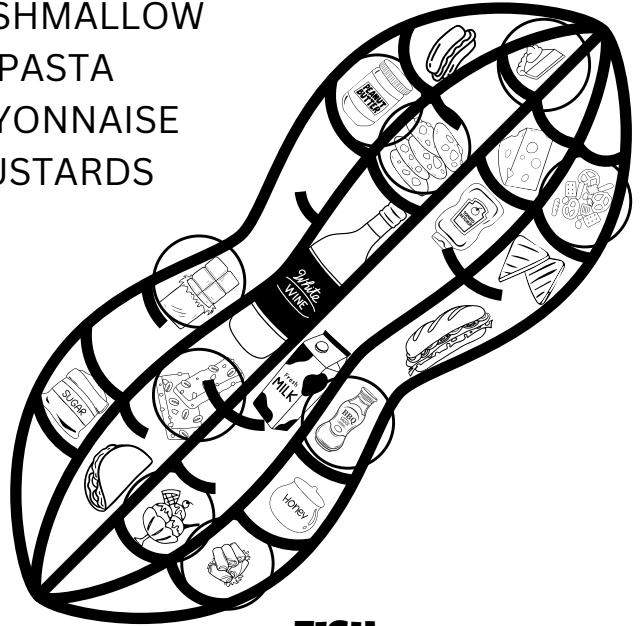
## MILK



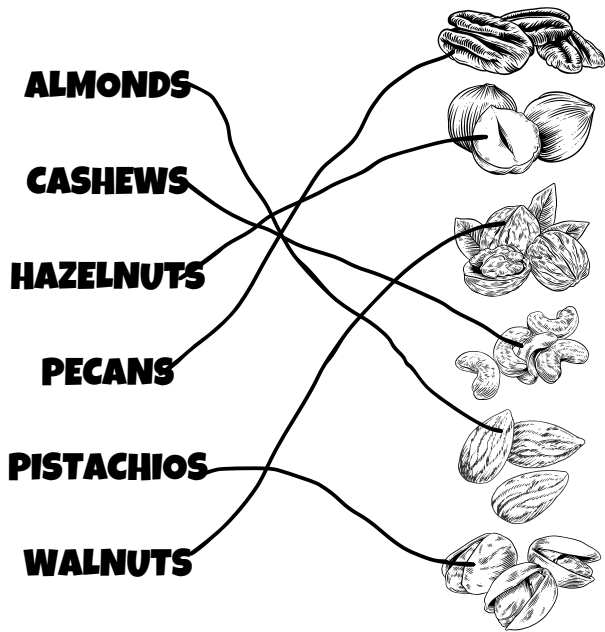
## EGGS

## PEANUTS

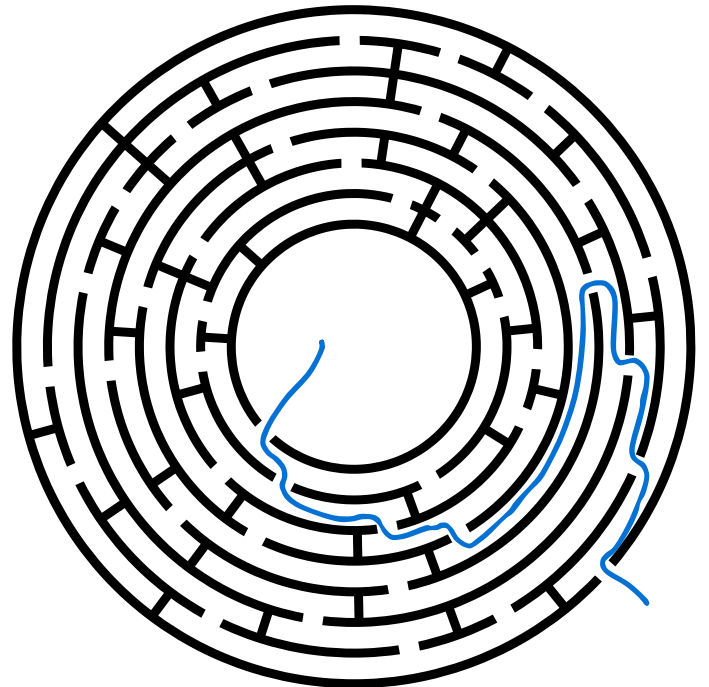
- COOKIES
- MARSHMALLOW
- PASTA
- MAYONNAISE
- CUSTARDS



## TREE NUTS



## FISH



## WHEAT

- CEREAL
- BREAD
- CHIPS
- NOODLES
- COOKIES
- CAKE
- PIZZA
- CONE

## SOY

- SOYBEANS
- SOYSAUCE
- TOFU
- DELIMEAT

## SESAME

- BAGEL
- BUNS
- HUMMUS
- NOODLES