Activity Quiz 3  
Contamination and Food Allergens

Name ___________________________ Date ___________________________

True or False?

1. Copper utensils and equipment can cause illness when used to prep acidic food.
2. Strawberries are a common food allergen.
3. When transferring a cleaning chemical to a spray bottle, you don’t have to label the bottle as long as the chemical is clearly visible.
4. Anyone who has access to an operation’s food can be a security risk.

Common Food Allergens
List the most common food allergens.

* ___________________________
* ___________________________
* ___________________________

Allergic Reaction

1. List four symptoms a person having an allergic reaction might have.
   * ___________________________
   * ___________________________
   * ___________________________

2. What should you do if a customer is having an allergic reaction to food?
   ____________________________________________________________
   ____________________________________________________________

Preventing Cross-Contact

1. What three practices can help kitchen staff prevent cross-contact with food allergens?
   * ___________________________
   * ___________________________
   * ___________________________

2. List one dish your operation serves that contains one or more food allergens.
   ____________________________________________________________
Answers

True or False?

1. T
2. F
3. F
4. T

Common Food Allergens

Here are the most common food allergens.

- Milk and dairy products
- Eggs and egg products
- Fish and shellfish
- Wheat
- Soy and soy products
- Peanuts and tree nuts

Allergic Reaction

1. Symptoms listed should include four of the following: itching in and around the mouth, face, or scalp; tightening in the throat; wheezing or shortness of breath; swelling of the face, eyes, hands, or feet; abdominal cramps, vomiting, or diarrhea; loss of consciousness; death.
2. Call the emergency number in your area.

Preventing Cross-Contact

1. Here are some practices that kitchen staff can do to prevent cross-contact.
- Wash, rinse, and sanitize cookware, utensils, and equipment before prepping food.
- Wash your hands and change gloves before prepping food.
- When prepping food, assign specific equipment for food that is made for customers with allergies.
2. Answers will vary. The dish must include at least one of the common food allergens—milk and dairy products; eggs and egg products; fish and shellfish; wheat; soy and soy products; peanuts and tree nuts.