

MATCH & LEARN

Match the meals to the possible allergens



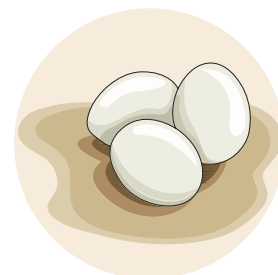
Peanut



Tree Nuts



Milk



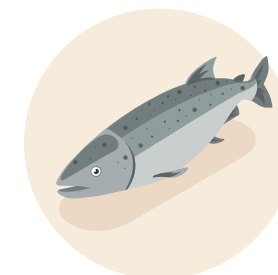
Eggs



Wheat



Soy



Finned Fish



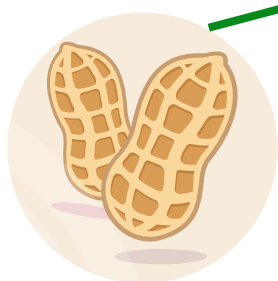
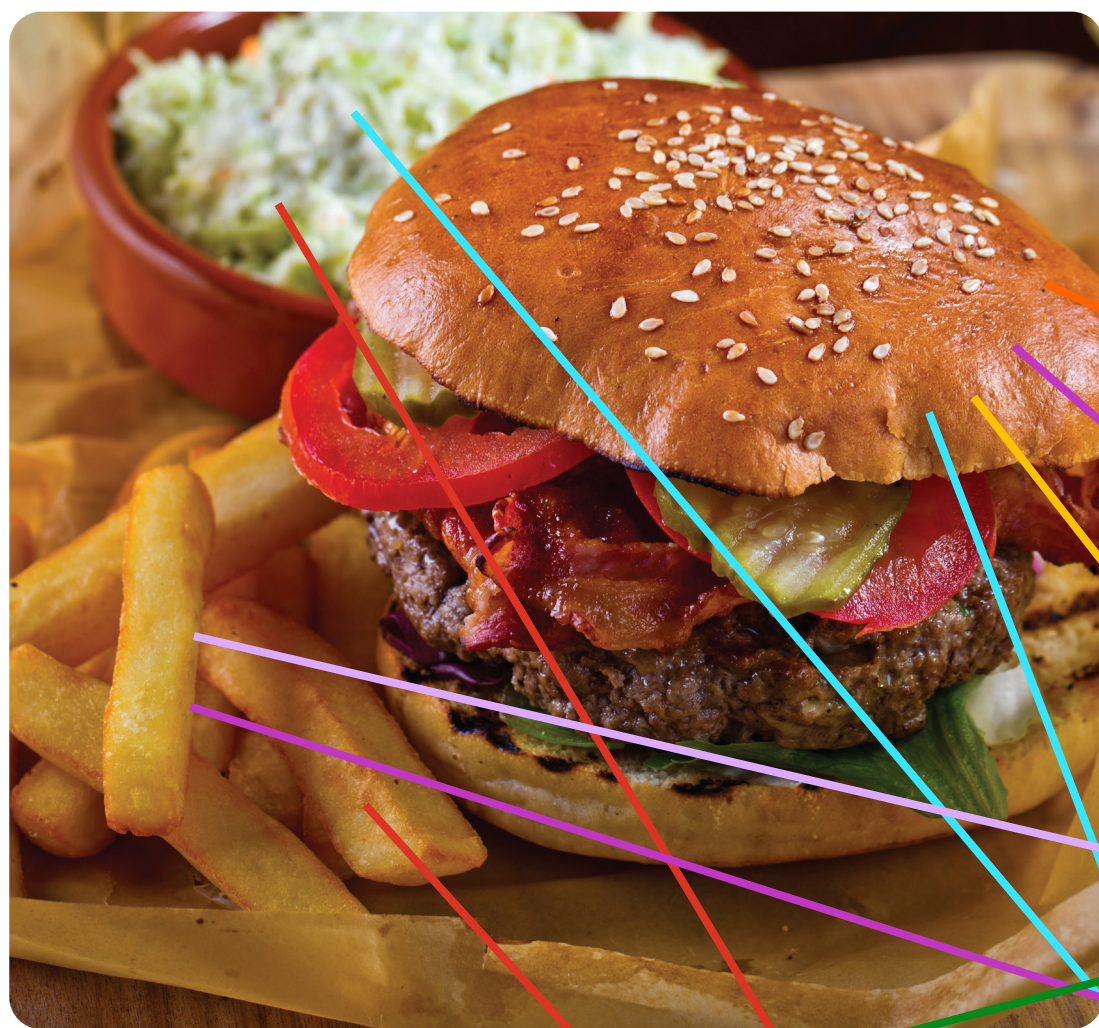
Shellfish



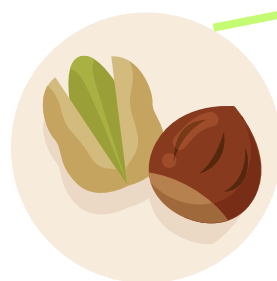
Sesame

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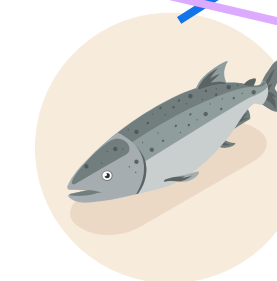
Eggs



Wheat



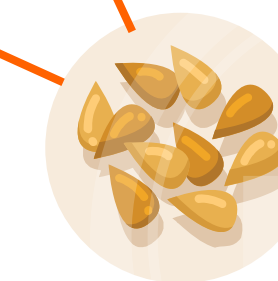
Soy



Finned Fish



Shellfish



Sesame

***Important Note:** This is meant to be a learning activity and discussion starter. There are several ways allergens can appear in foods, depending on how they are cooked and/or manufactured.

INTERACTIVE GAMES WRITTEN ANSWER KEY

Coleslaw: depending on how it's made, can have egg (mayonnaise) and/or milk (sour cream)

Burger: Wheat and sesame are obvious, but the roll could have egg and soy. If mayonnaise on burger, can have egg.

Fries: Can contain soy and/or milk depending on how they are manufactured. Additionally, if they are fried in shared oil with other allergens (for example, fried shrimp), they would not be safe for people with those allergies.

Chicken Parm: Pasta has wheat, could have egg. Bread has wheat, could have soy and/or egg. Cheese has milk. Sauce could contain allergens, like milk, soy, depending on how it's made.

Stir Fry: Contains Shellfish (shrimp and calamari), could contain soy sauce, fish sauce, peanut or a tree-nut based sauce, and egg (often scrambled into fried rice)

Fried Wonton: Dough contains wheat and egg. Could contain shellfish, sesame or soy. Additionally, if they are fried in shared oil with other allergens, they would not be safe for people with those allergies.