



Ingredient Quiz

The following quiz is designed to help you identify the top food allergens recognized by the Food & Drug Administration (FDA) and identify common foods that contain these allergens.

Identifying the Top Food Allergens

The ingredients listed below are commonly used in restaurant kitchens. Write each ingredient in the corresponding box of the food allergen you think it contains. Some ingredients may contain more than one allergen.

- Albumin
 - Casein
 - Marzipan
 - Oysters
 - Miso
 - Lactose
 - Hydrolyzed protein
- Gluten
 - Nutmeat
 - Gianduja
 - Surimi
 - Lecithin
 - Caesar dressing
 - Cereals
- Baked goods
 - Soy sauce
 - Mayonnaise
 - Textured vegetable protein
 - Margarine
 - Pesto

EGG	2. MILK	3. PEANUT	4. TREE NUT
5. FISH	6. SHELLFISH	7. SOY	8. WHEAT

