



The Allergy Round Quiz

Q1. What is an allergy?

- A. When your body reacts negatively to all food products.
- B. When you feel sick after eating a food.
- C. When the body wrongly identifies a food or substance as a threat which causes an allergic reaction.

Q2. What is anaphylaxis?

- A. A serious life-threatening allergic reaction.
- B. When you vomit after eating a food.
- C. When you have a rash but no other symptoms after eating a food.

Q3. What are the 'ABC symptoms' of anaphylaxis?

- A. Adrenaline, Breathing, Circulation.
- B. Airways, Breathing, Circulation.
- C. Airways, Breathing, co-ordination.

Q4. Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. When was it founded?

- A. January 1994.
- B. March 2000.
- C. January 2010.



The Allergy Round Quiz

Q5. Approximately how many people are affected by a peanut or tree nut allergy in the UK?

- A. 1 in 50 B. 1 in 100 C. 1 in 500

Q6. In the UK approximately how many babies are affected by a cow's milk allergy?

- A. 2 - 3 out of 100. B. 4 - 5 out of 100. C. 10 out of 100.

Q7. How many major food allergens must food businesses provide information about in the UK?

- A. Ten. B. Fourteen. C. Seven.

Q8. Which of these is NOT listed as one of the 14 top food allergens

- A. Mustard. B. Lupin. C. Kiwi.



Answers

Q1. C - When the body wrongly identifies a food or substance as a threat which causes an allergic reaction.

Q2. A - A serious life-threatening allergic reaction.

Q3. B - Airways, Breathing, Circulation.

Q4. A - January 1994.

Q5. B - 1 in 100.

Q6. A - 2-3 out of 100.

Q7. B - Fourteen.

Q8. C - Kiwi