

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.