KidsHealth in the Classroom

Health Problems Series

Food Allergies

Name:

Date:

Hidden Ingredients

Instructions: Use the KidsHealth.org articles and the questions below to examine three food labels for products that might trigger food allergies. Then determine whether someone with food allergies could eat those products. Tape or glue the labels to the back of this handout.

1 Name of product:

Ingredients that would pose a threat to someone with food allergies:

2 Name of product:

Ingredients that would pose a threat to someone with food allergies:

3 Name of product:

Ingredients that would pose a threat to someone with food allergies:

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