

Recognizing and Responding to Food Allergy Symptoms

Post Test –January 2015

Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.

Learning Objective: After reading the newsletter, the provider understands some of the different allergic reactions children can have to food and ways to respond.

1. A food allergy is when a child's immune system overreacts to a particular food. Only one system, such as cardiovascular, respiratory, gastrointestinal, or skin, can be affected.
True or False
2. _____ the offending food out of a dish being served does not eliminate the chance of an allergen response.
3. Some food allergens can be airborne, such as in the steam from boiling seafood.
True or False
4. A reaction can take up to 2 hours after ingesting, or even as long as _____ hours.
5. A severe reaction is when a child may have a drop in blood pressure, resulting in loss of consciousness and shock, and ultimately death, if not treated. This is called _____.
6. Anaphylactic reactions (anaphylaxis) must be treated promptly with epinephrine. Seek immediate treatment in an emergency room.
True or False
7. Symptoms of an anaphylactic reaction can be in the mouth, gut, lung, throat, _____, and/or heart.
8. The food labeling law of 2004 requires that ingredients must be identified by the major food allergen, such as lecithin (soy) or whey (milk), or the label may have "a contains" statement such as "contains wheat, milk and soy."
True or False
9. The major food allergens are: eggs, _____, fish, tree nuts, _____, soy, wheat, and Crustacean shellfish.
10. Every child care facility should have an emergency action plan for anaphylactic emergencies. The plan must include administering an _____ and calling 911.



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SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

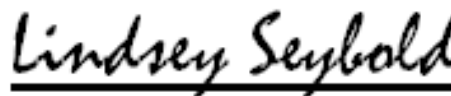
January 2015: Recognizing and Responding to Food Allergy Symptoms

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____



Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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