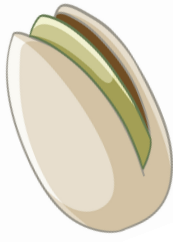


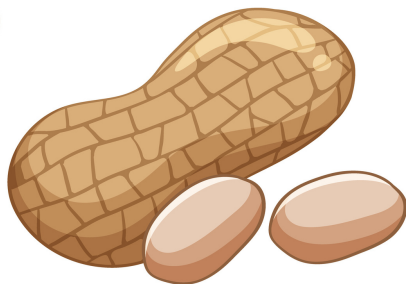
Top 9 Food Allergy Workbook

Created By:
Danielle Lynn



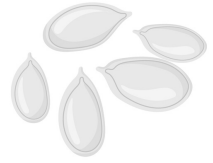
This book belongs to:

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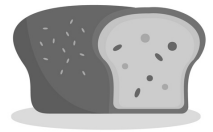


Match the allergen to its photo.

Peanuts



Tree Nuts



Dairy



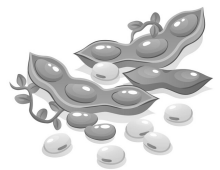
Soy



Fish



Shellfish



Sesame



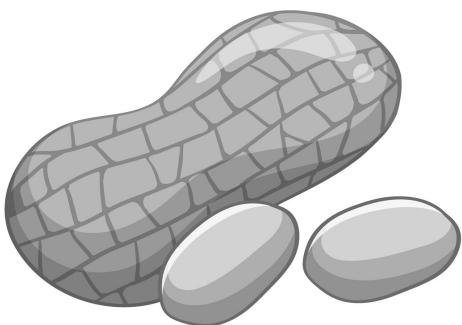
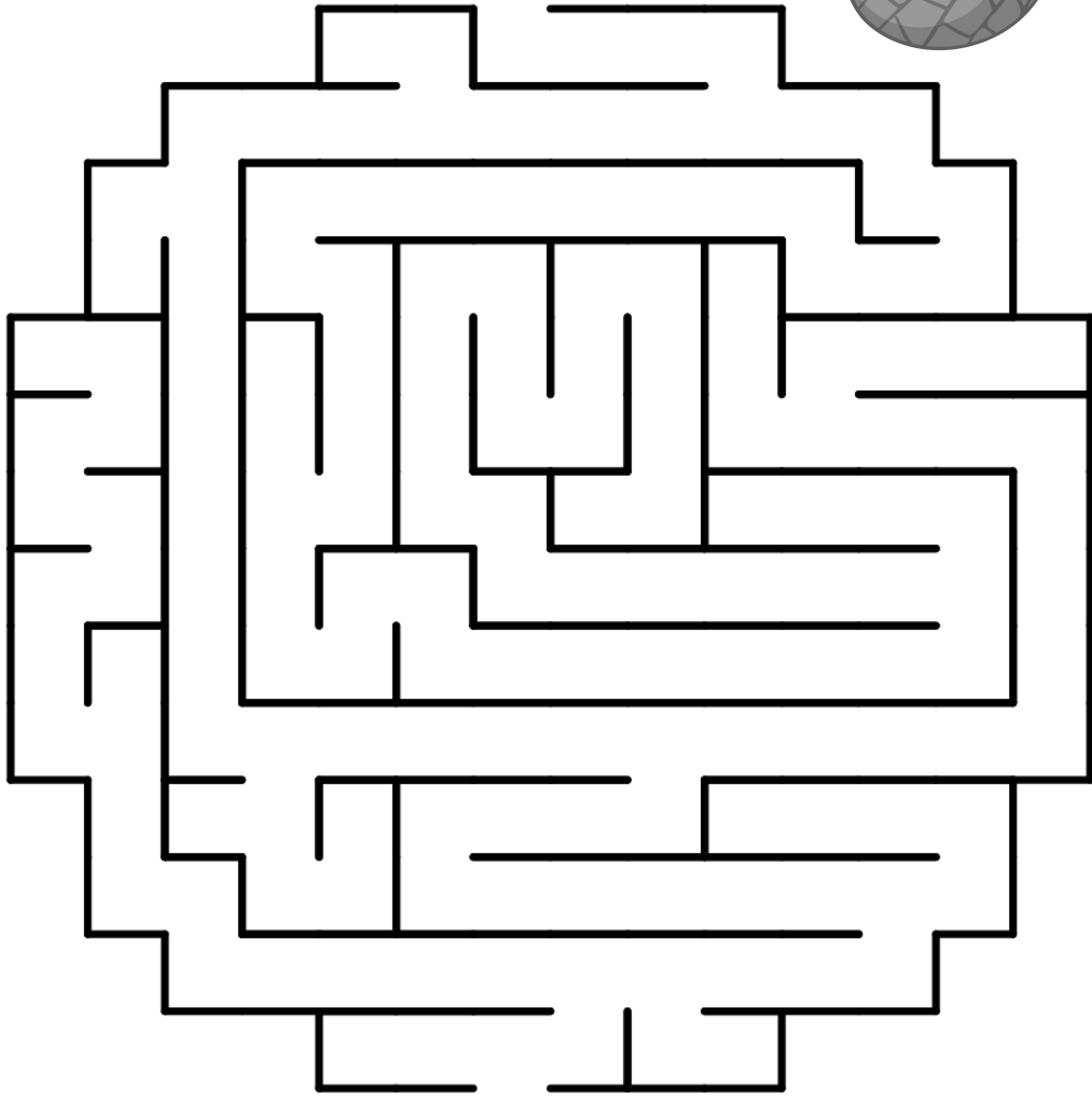
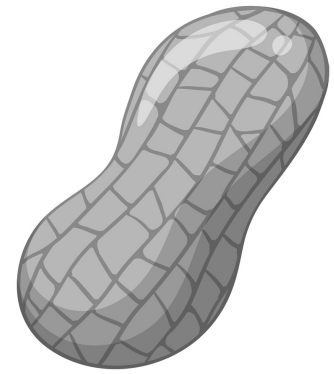
Wheat



Eggs



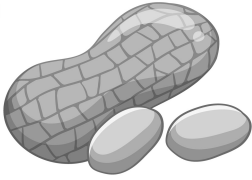
Peanut Maze



Peanut Allergy Facts:

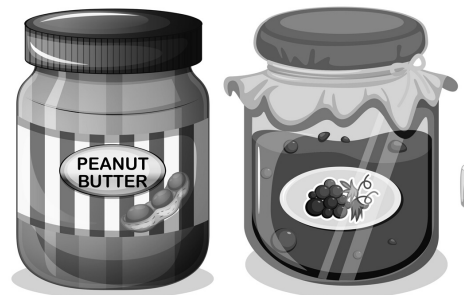
- For some people with peanut allergy, even tiny amounts of peanuts can cause a serious reaction.
- Peanut allergy is the most common cause of food-induced anaphylaxis.
- Peanut allergy occurs when your immune system mistakenly identifies peanut proteins as something harmful.

Can you find all the peanut words?

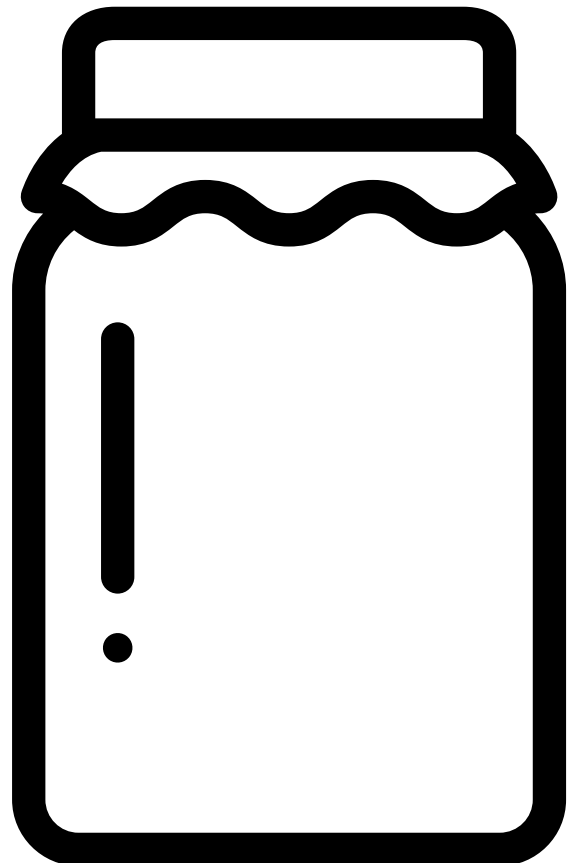
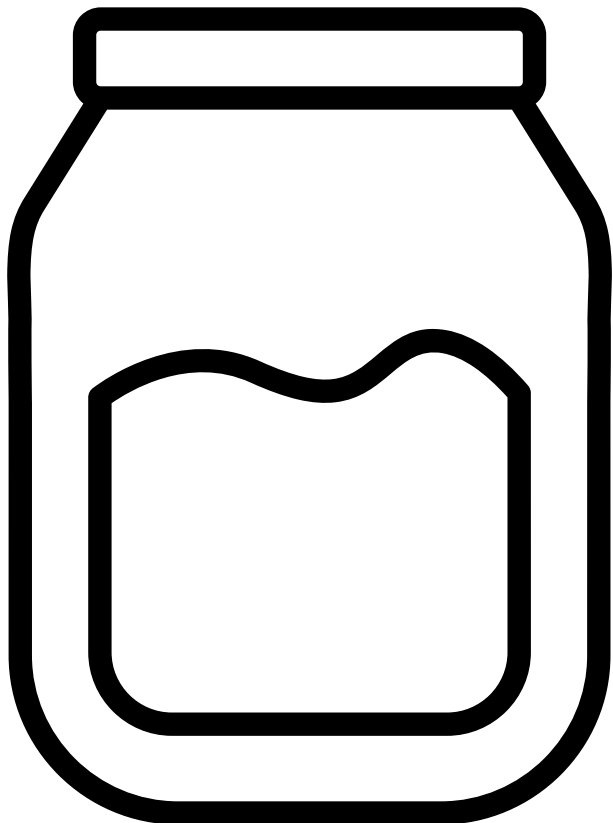
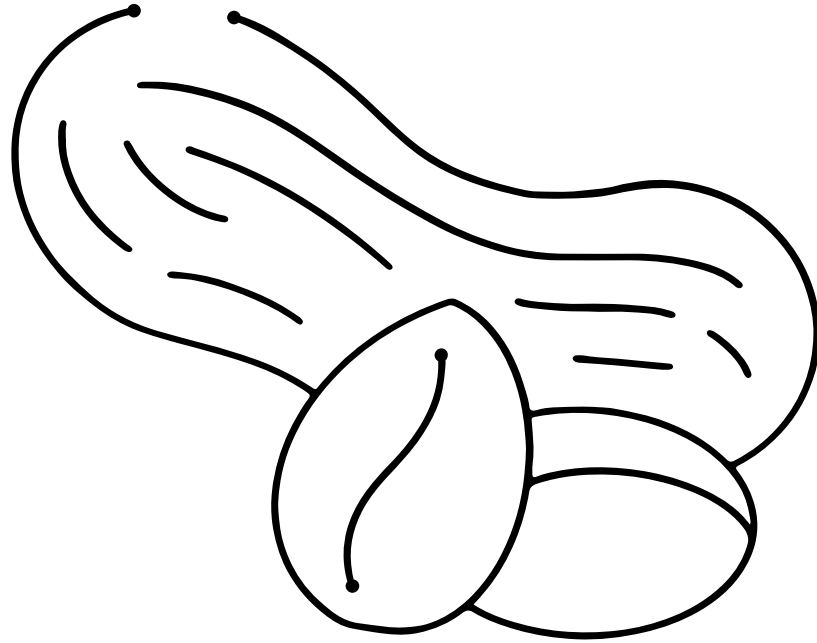


A T T E B R E U E U
T U A T U Y A A Y P
T D T Y A Y E L A E
U L D O L T T T D T
N R S E N L T J B B
A T R O T A E L U L
E R A A E S Y J T P
P R D L T T A E T Y
T N T S B T Y O E A
U A E Y D R N R R L

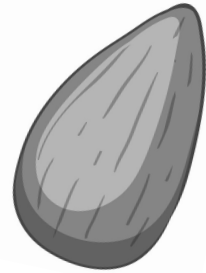
- PEANUT
- JELLY
- BUTTER
- ROASTED
- SALTY



Color the peanuts and
PB&J.



Can you unscramble the
tree nut words?



MLNAOD

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PNCEA

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NUTLAW

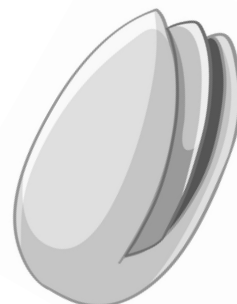
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WESAHC

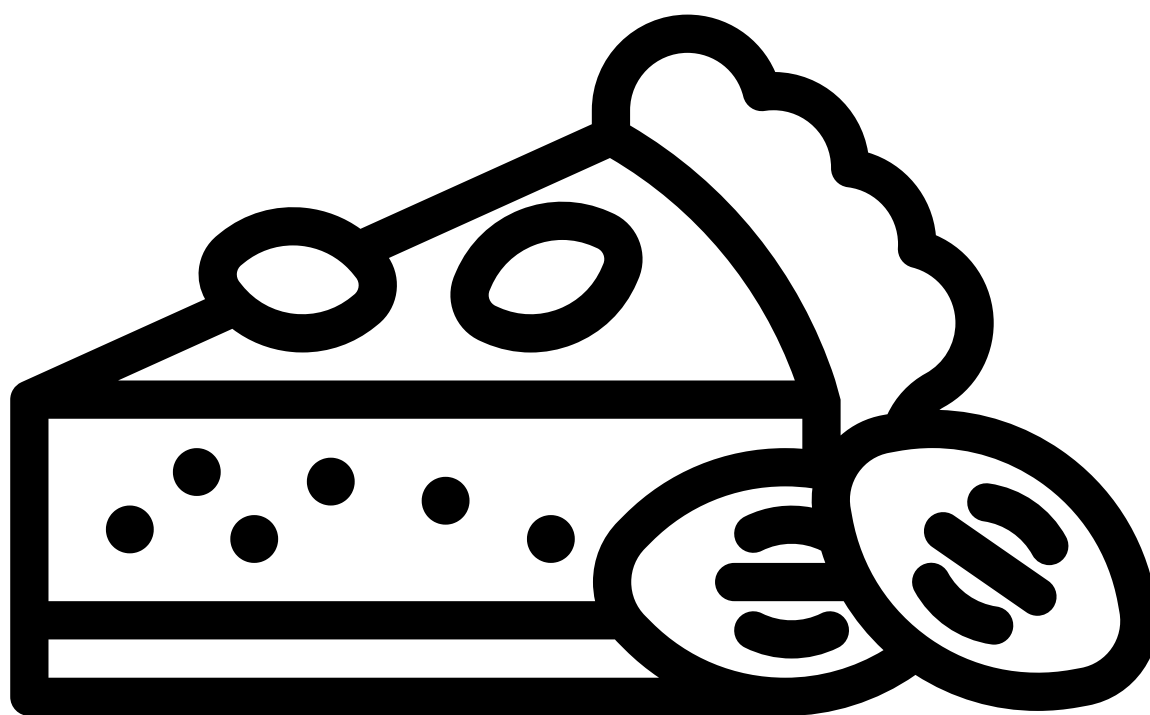
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AITCIOSPH

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Color in the slice of pecan pie.

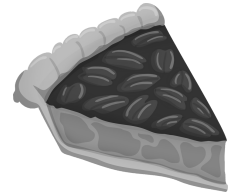


Tree Nut Allergy Facts:

- Most people allergic to tree nuts can safely eat coconut.
- Tree nuts are in a different plant family than peanuts.

Can you match the tree nut
food to its photo?

Almond Milk



Trail Mix



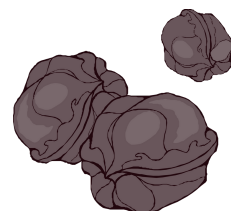
Pecan Pie

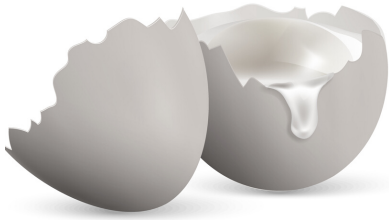


Walnuts

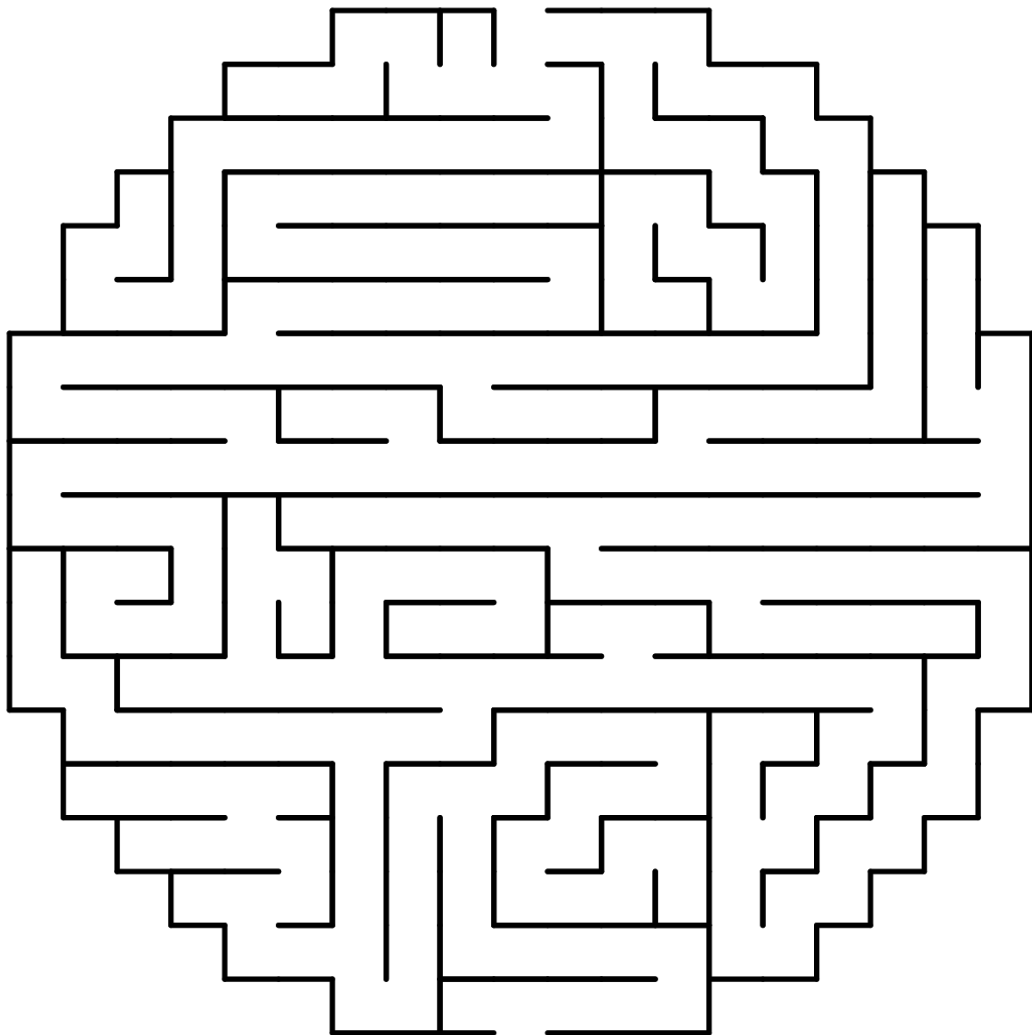


Candy Bar



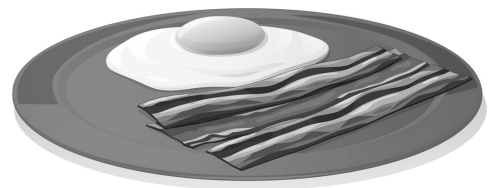


Egg Maze

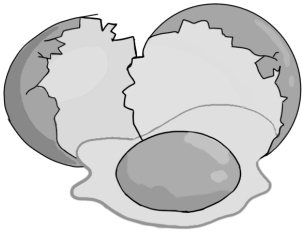


Egg Allergy Facts:

- Egg white is usually the part of the egg responsible for allergic reactions.
- Egg allergy can occur as early as infancy. Most children, but not all, outgrow their egg allergy before adolescence.

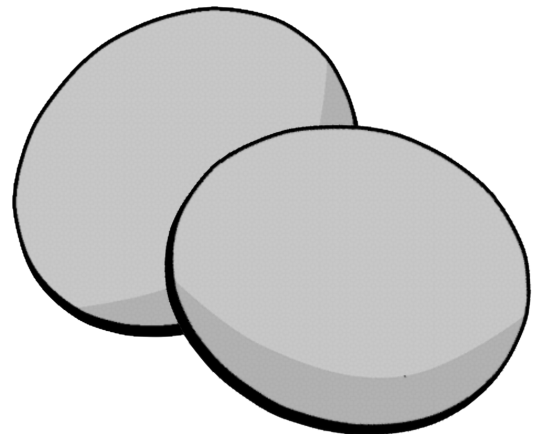


Can you find all the
egg words?

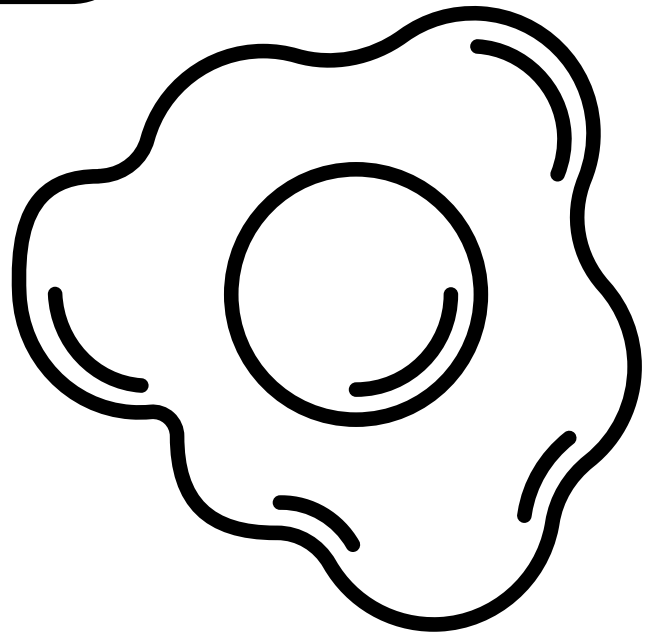
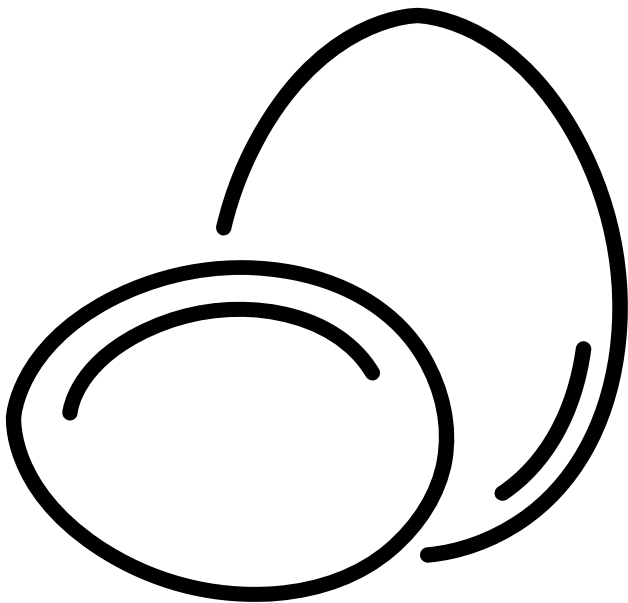
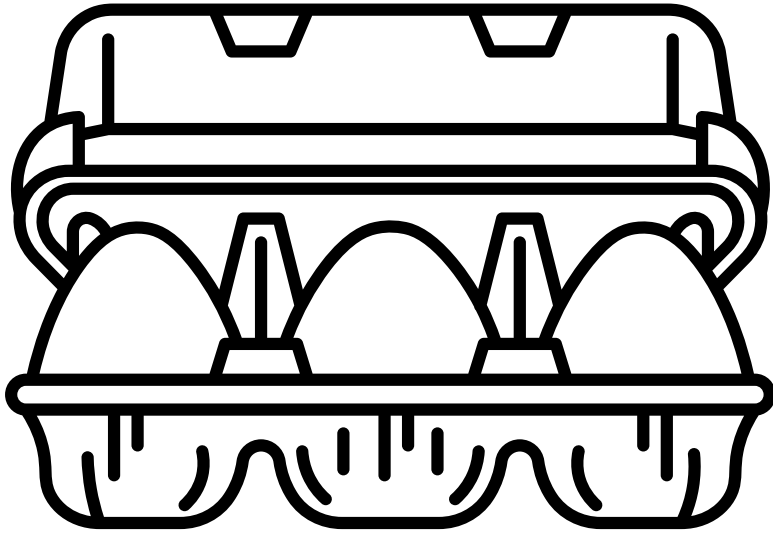


D B S E D F N D L O
S E C E R E E S A S
L R R C L L H I R E
E E A L I E H B S R
L H M O L I D L F D
E H B L E B B N H F
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H C E L E E L I L B
E E D L B H E S R O
R R F M S D I C E E

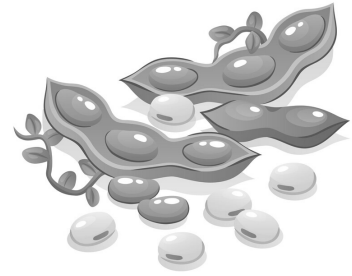
- SCRAMBLED
- BOILED
- FRIED
- HEN
- SHELL



Color in all the eggs.



Can you unscramble the soy related words?



SYO ASEUC

AMEAMDE

NORTPEI

FTUO

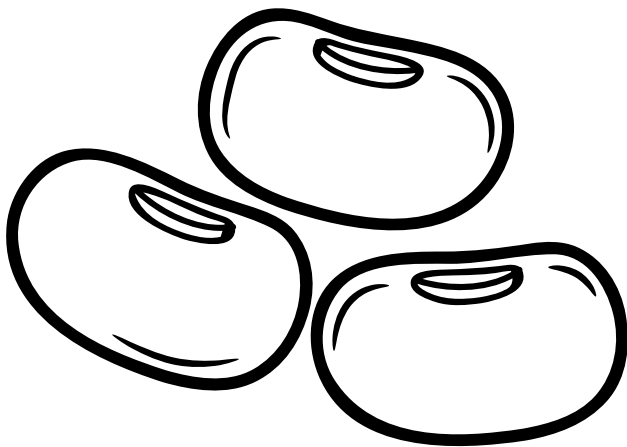
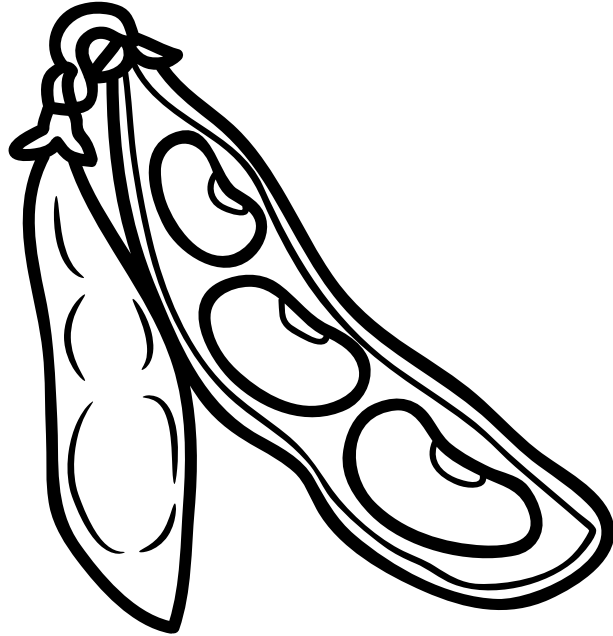
YOS ILMK



Soy Allergy Facts:

- In young children, soy is one of the most common food allergens.
- Allergic reactions to soy can affect the skin, respiratory tract, gastrointestinal tract and/or cardiovascular system.
- Edamame, miso, and yuba all contain soy

Color in the soy beans.



Can you match the soy food to its photo?

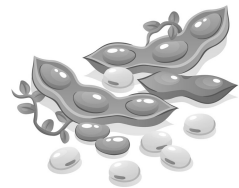
Tofu



Edamame



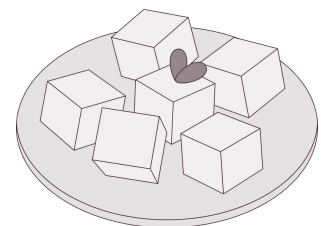
Soy Sauce



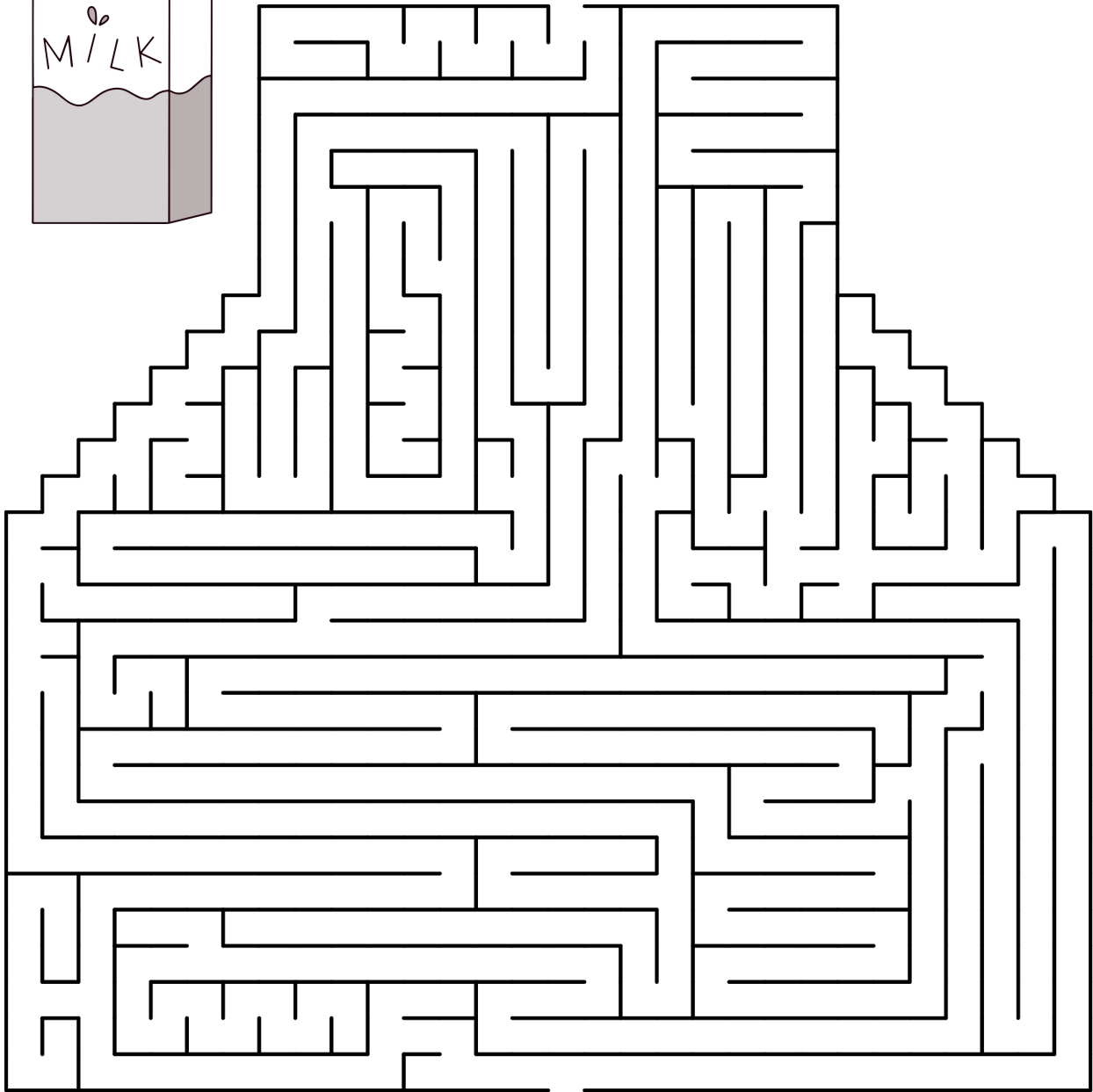
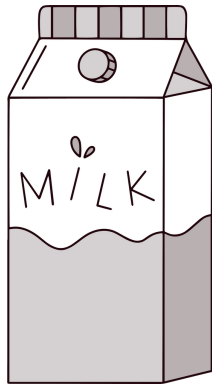
Soy Milk



Soy Bean



Dairy Maze

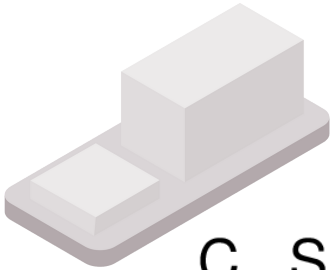


Dairy Allergy Facts:

- Dairy allergy and lactose intolerance are not the same thing.
- A milk allergy is a reaction to the proteins found in milk. Your body's immune system reacts to the milk proteins



Can you find all the dairy words?

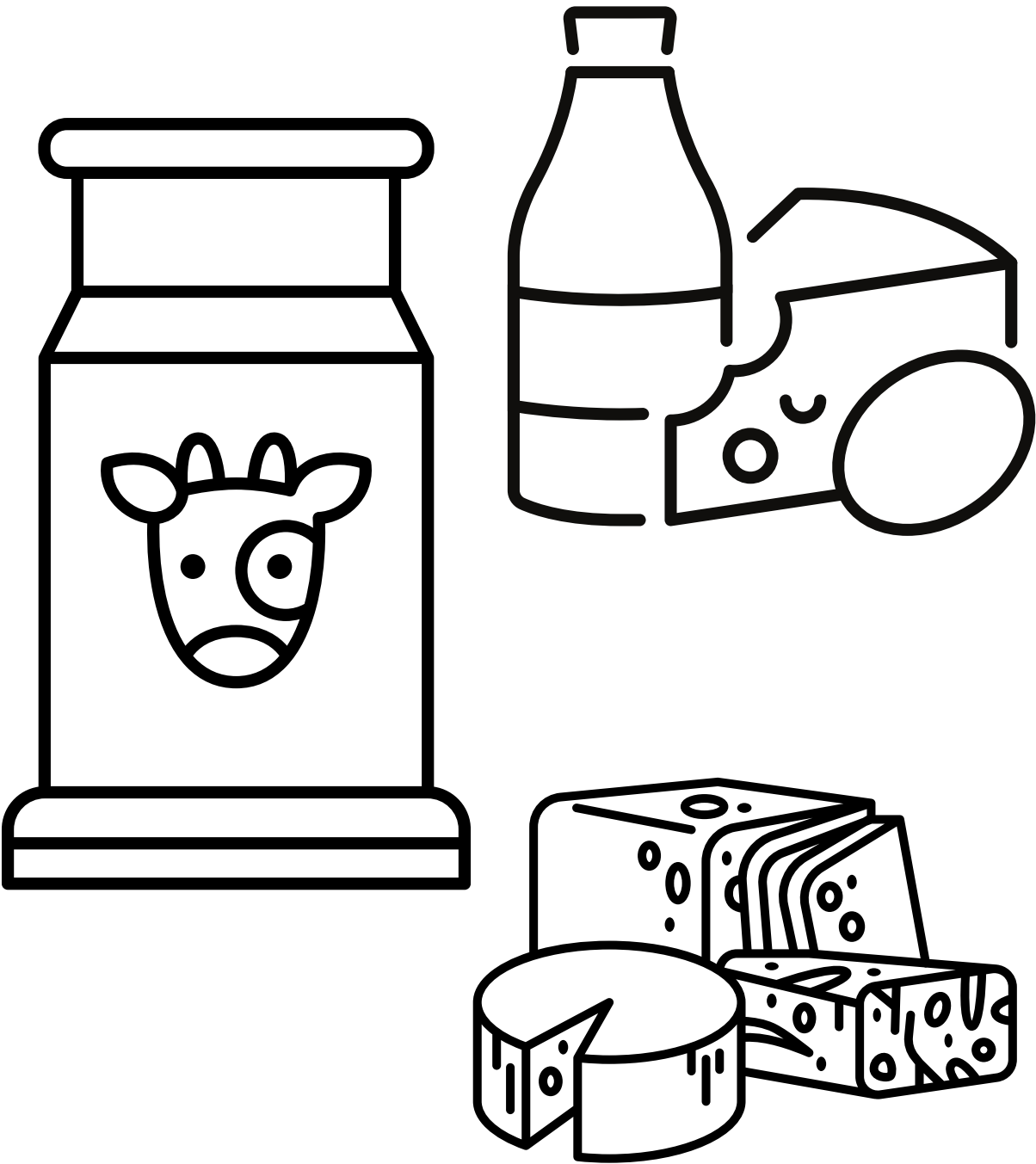


C S R A C E E T G T
H C E U E I E I U I
E E M A E R C E C I
E K E Y M I L K O I
S T T R M M M K I G
E T E R B R R R R C
I E U B U T T E R H
A E U E M G R S I U
C T R K E M O S U T
A L C U T M H Y U E

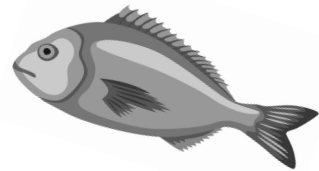
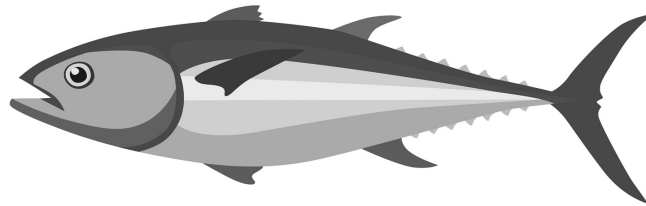
- MILK
- CHEESE
- BUTTER
- YOGURT
- ICE CREAM



Color in the milk and cheese.



Can you unscramble the fish related words?



MSAONL

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UNAT HFSI

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TBILHUA

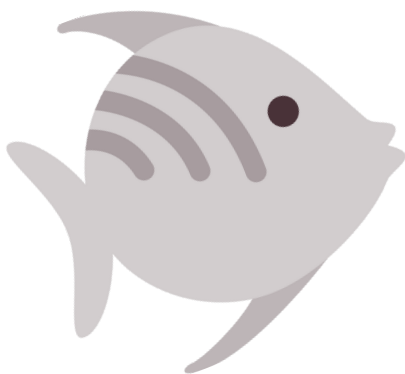
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INFDNE HFSI

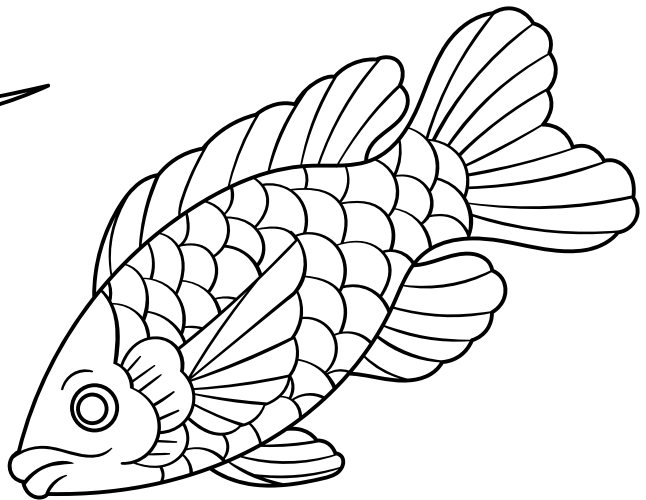
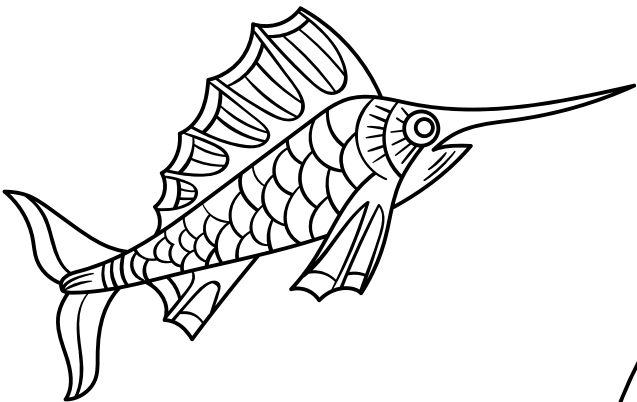
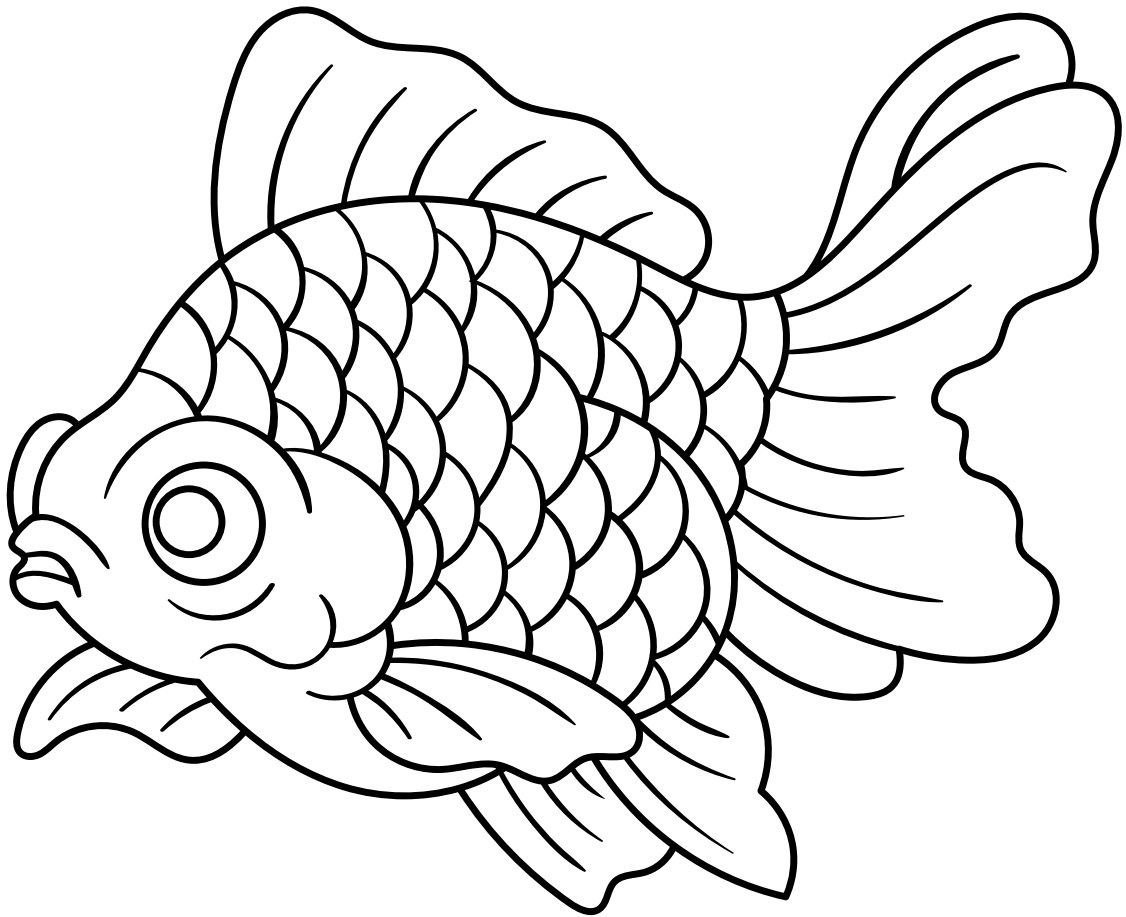
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Fish Allergy Facts:

- Fish allergies usually do not become apparent until adulthood.
- Having an allergy to finned fish such as tuna or salmon does not mean you are also allergic to shellfish.

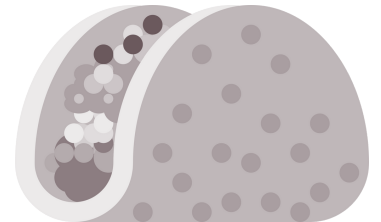


Color in all the fish.



Can you match the fish related food to its photo?

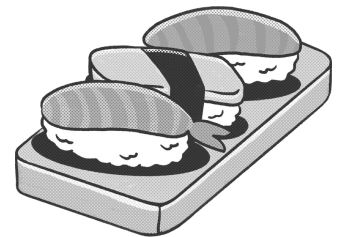
Sushi



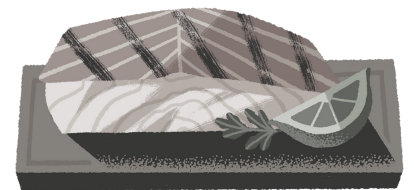
Canned Tuna



Fish and Chips



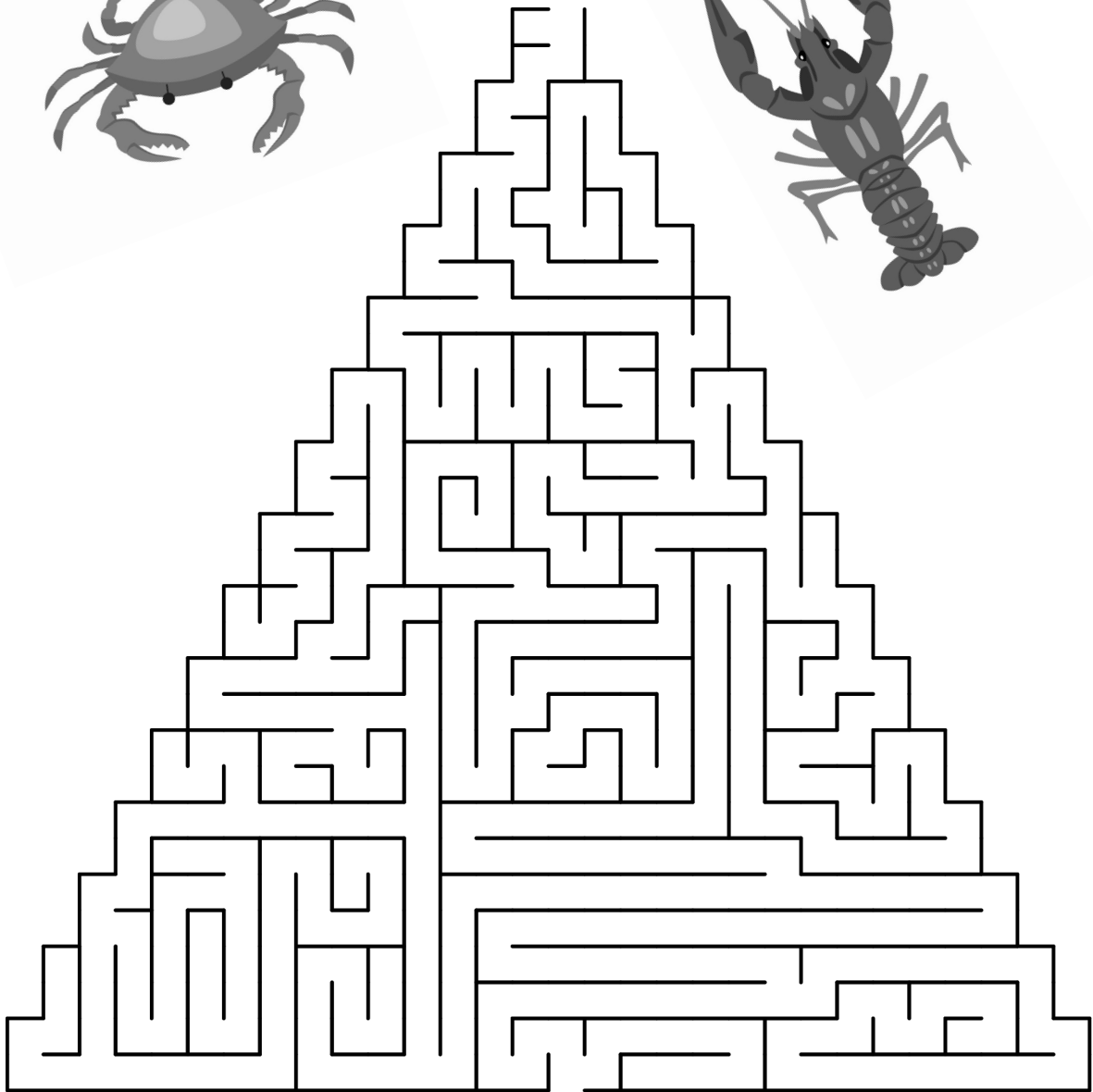
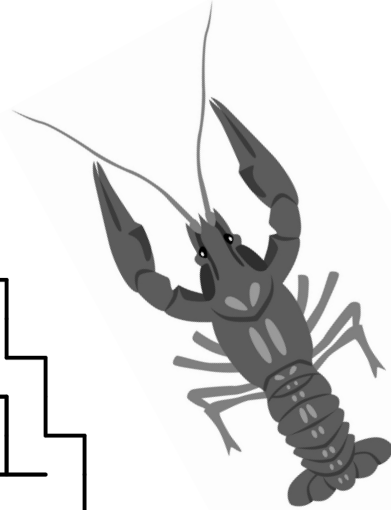
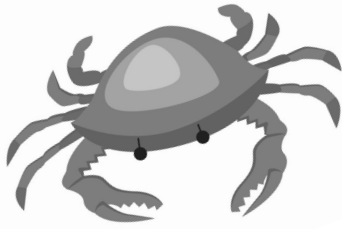
Fish Tacos



Grilled Salmon



Shellfish Maze



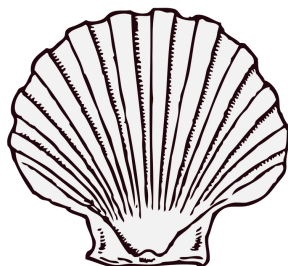
Shellfish Allergy Facts:

- Most people with a shellfish allergy have their first reaction during adulthood.
- It is uncommon to grow out of a shellfish allergy.

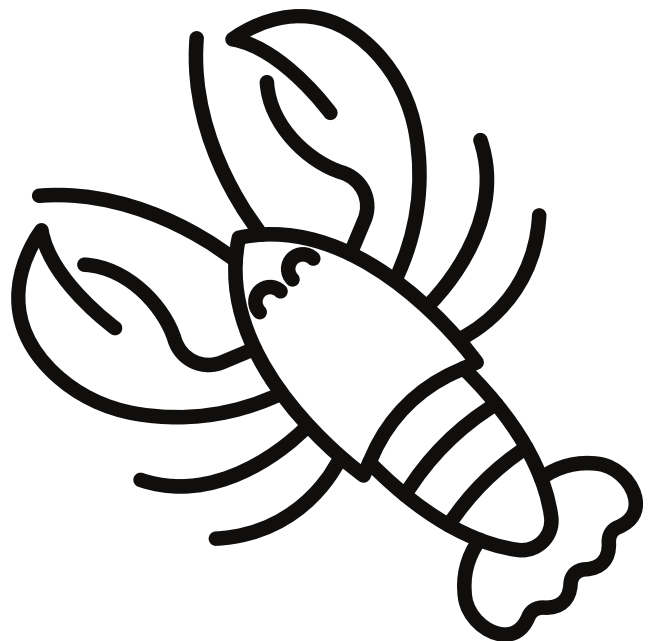
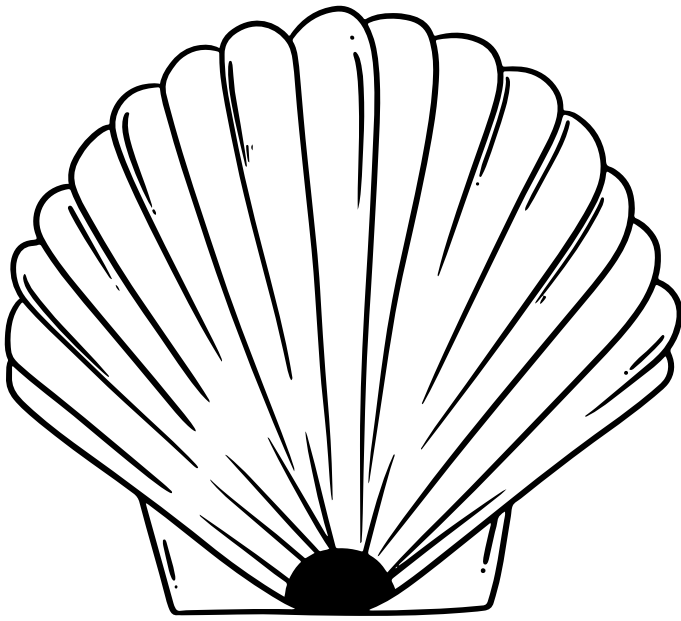
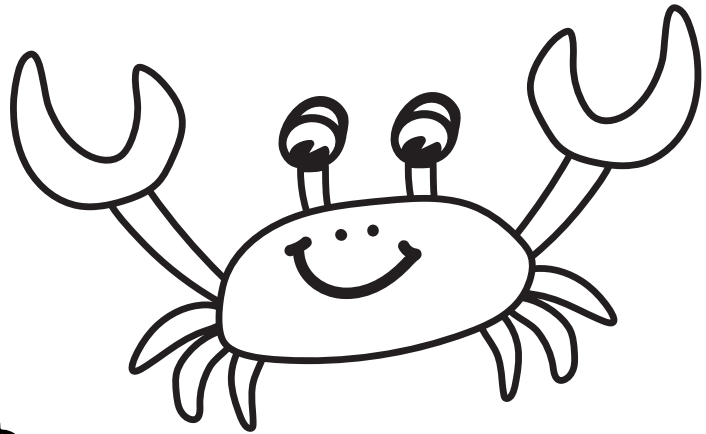
Can you find all the shellfish related words?

R L O Y S T E R S C
T O Y M P O O B S B
A R R P M A L S R S
R R Y S I R A C S C
E L A R R S S M L C
R M P C H Y L A R M
E R S B S R M A C E
T E R E T S B O L L
R Y M E S O S T R O
O L R E T E A M B T

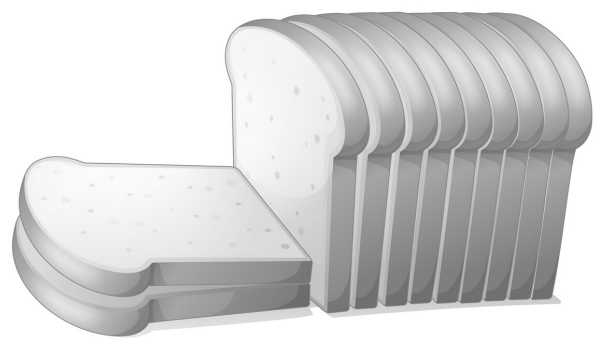
- SHRIMP
- CLAMS
- LOBSTER
- CRAB
- OYSTERS



Color in the all the different shellfish.



Can you unscramble the wheat related words?



DERBA

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CRKCSEAR

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LEGUNT

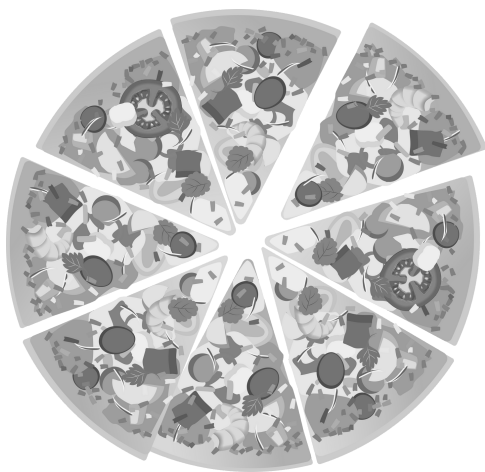
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IPZZA

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EETPLRZS

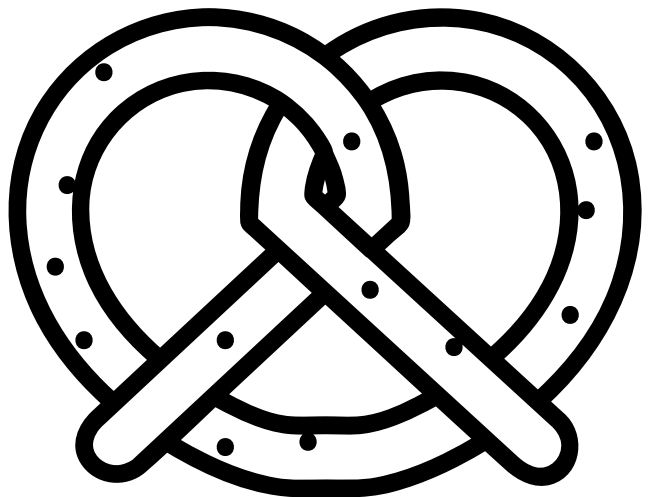
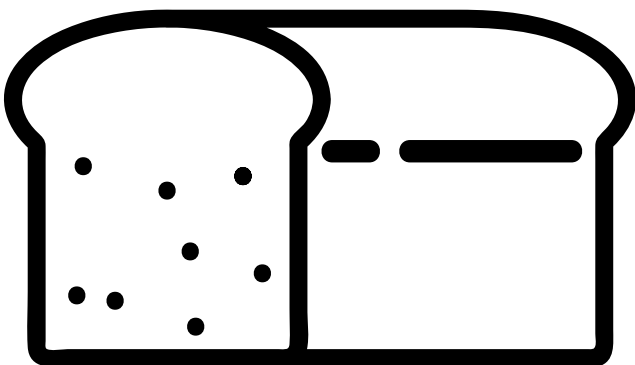
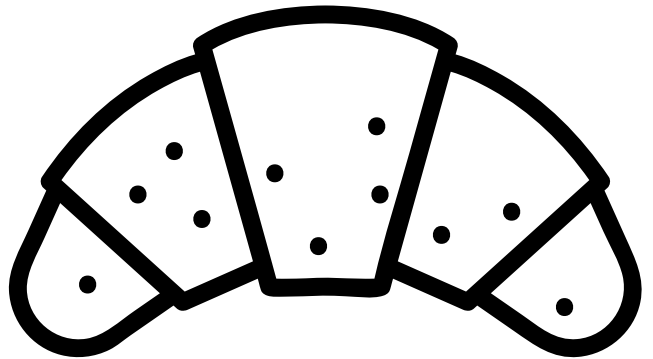
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Wheat Allergy Facts:

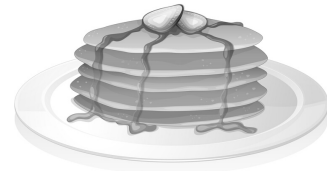
- Wheat allergy doesn't usually cause anaphylaxis but can still be very serious.
- Wheat allergy and gluten intolerance are not the same thing.

Wheat Coloring page

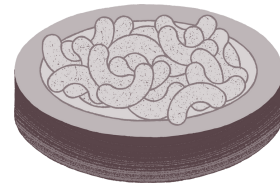


Can you match the wheat related food to its photo?

Crackers



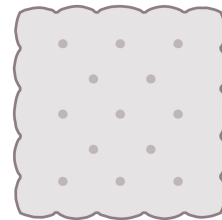
Pancakes



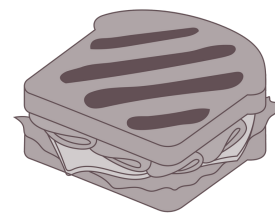
Cookies



Sandwich



Pasta



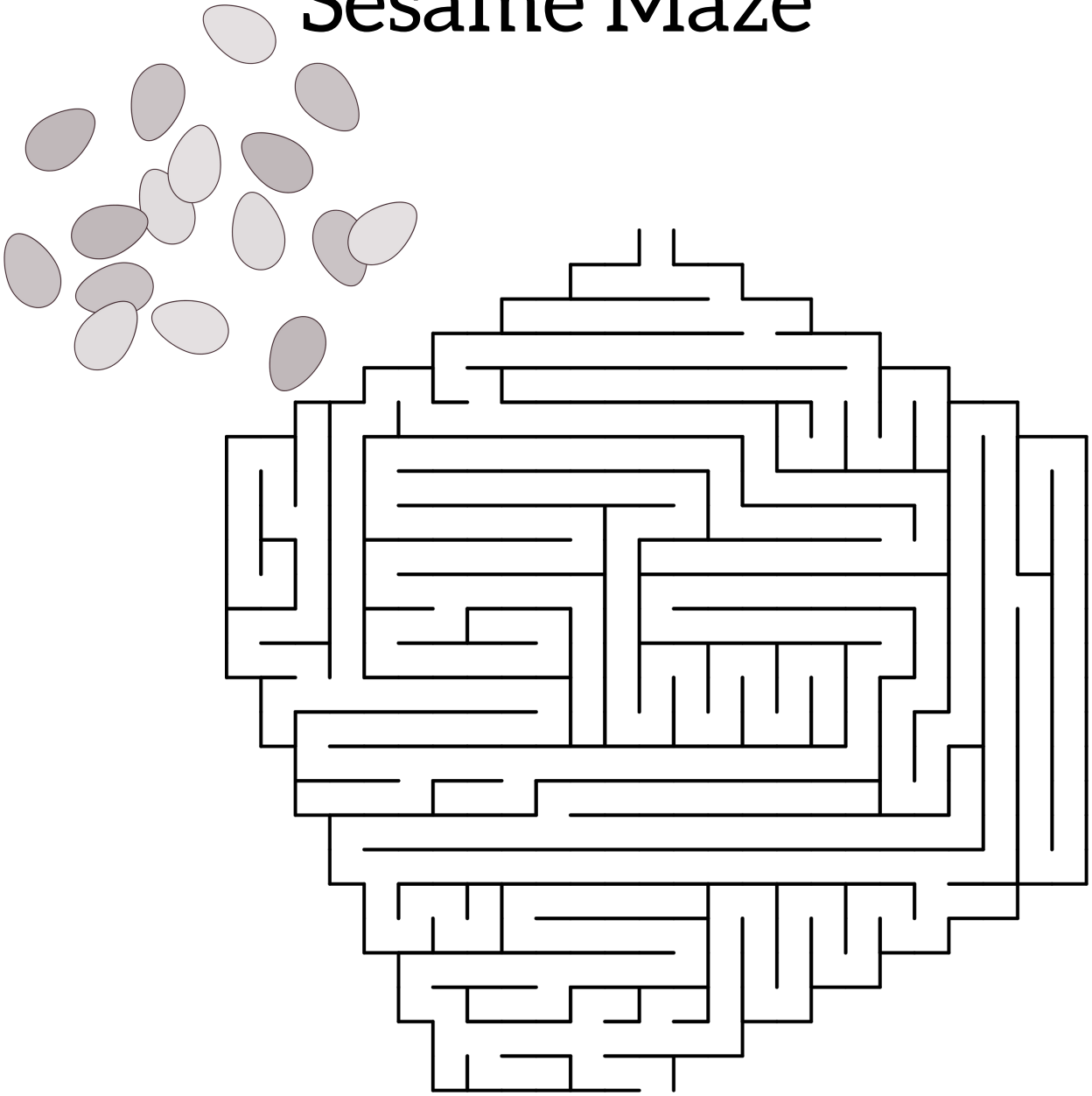
Mac and Cheese



Pizza

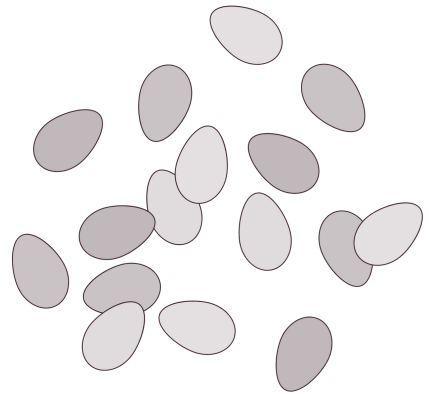


Sesame Maze

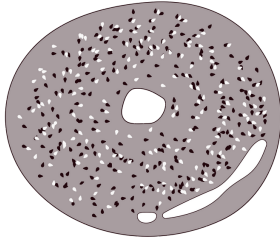


Sesame Allergy Facts:

- The edible seeds of the sesame plant are a common ingredient in cuisines around the world, from baked goods to sushi.
- Starting January 1, 2023, sesame will become the ninth major allergen that must be labeled in plain language on packaged foods in the U.S.



Can you find all the sesame related words?

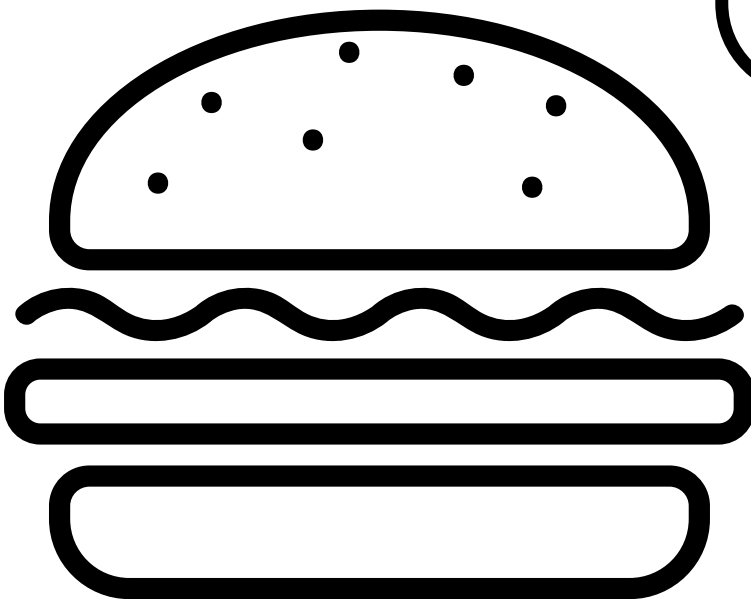
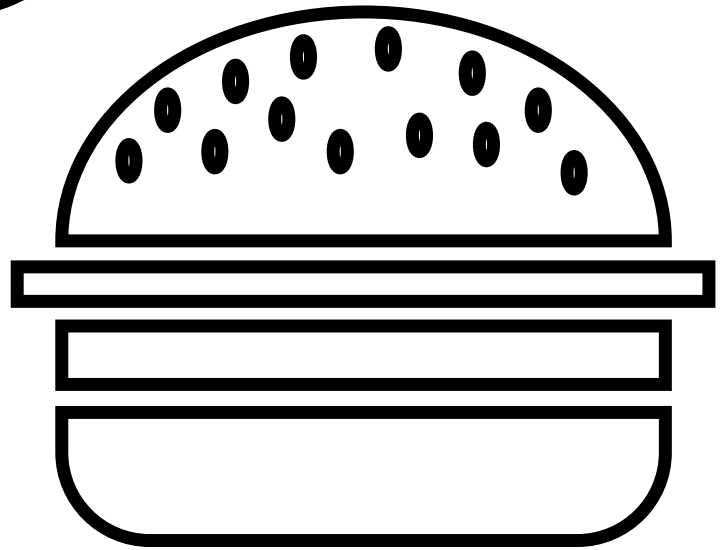
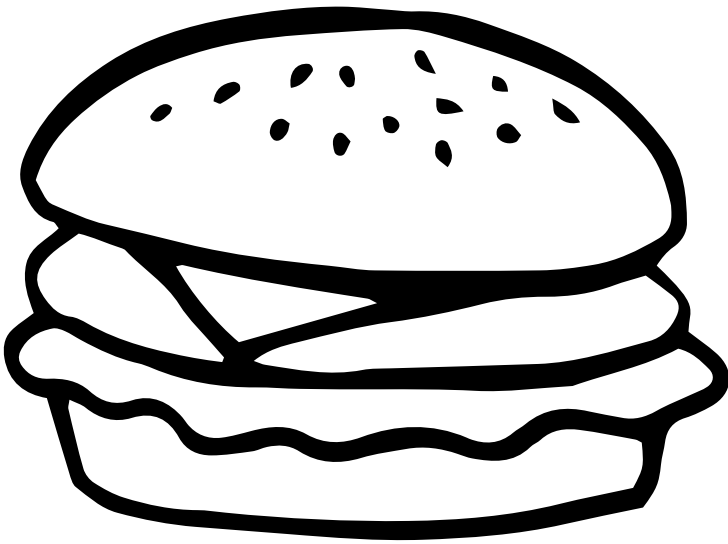


S N S D E E S L H S
B A D O A S N L I E
I L E A L E H B N I
N E B O B L I O E I
I B N S A D N E B B
H B L G G E L L U N
A L B S E E D N L L
T G N I L E A N A T
B N S E S A H E N G
A S B D E U L S O B

- OIL
- TAHINI
- BUN
- BAGEL
- SEEDS



Color in the burgers with
sesame seed buns.



**I HOPE YOU HAD FUN WITH THIS
WORKBOOK. I HOPE YOU LEARNED A
BIT ALSO! CHECK OUT MY BOOK,
NICHOLAS' NUT-FREE CHRISTMAS, TO
HEAR A STORY ABOUT A FOOD
ALLERGY HERO, JUST LIKE YOU.**

Danielle Lynn

