

**Food Allergen Awareness Quiz**

How aware of food allergens, allergic reactions and best practices are you?

Take this simple quiz and find out. Mark your answer on the right, then visit [ghtrainingsolutions.co.uk/resources](http://ghtrainingsolutions.co.uk/resources) for the answers

- |   | Your Answer                 |
|---|-----------------------------|
| 1. A customer tells you that they are a Coeliac; which food do they need to avoid eating?   | Q1                          |
| a. Rice   | a. <input type="checkbox"/> |
| b. Pasta  | b. <input type="checkbox"/> |
| c. Yoghurt  | c. <input type="checkbox"/> |
| d. Tortilla chips made from corn flour  | d. <input type="checkbox"/> |
| 2. Which of the following are all included within the 14 most common food allergens in the UK?  | Q2                          |
| a. Wheat, Crustaceans, Beef   | a. <input type="checkbox"/> |
| b. Celery, Tomatoes, Sesame seeds   | b. <input type="checkbox"/> |
| c. Mustard, Celery, Soya  | c. <input type="checkbox"/> |
| d. Peanuts, Milk, Kiwi  | d. <input type="checkbox"/> |
| 3. Which hidden allergen would you find in English mustard?   | Q3                          |
| a. Gluten   | a. <input type="checkbox"/> |
| b. Celery   | b. <input type="checkbox"/> |
| c. Soya   | c. <input type="checkbox"/> |
| d. Sesame Seeds   | d. <input type="checkbox"/> |
| 4. Someone with a lactose intolerance should avoid which of the following foods?  | Q4                          |
| a. Wheat  | a. <input type="checkbox"/> |
| b. Mayonnaise   | b. <input type="checkbox"/> |
| c. Cheese   | c. <input type="checkbox"/> |
| d. Eggs   | d. <input type="checkbox"/> |
| 5. A customer in your restaurant says they have a nut allergy and points to a particular dish on the menu they would like to order. Do you...                   | Q5                          |
| a. Read the menu description to check there are no nuts   | a. <input type="checkbox"/> |
| b. Ask the chef if they add nuts to the recipe  | b. <input type="checkbox"/> |
| c. Tell the customer they should be fine  | c. <input type="checkbox"/> |
| d. Check the allergy book / matrix and speak to the chef about the food allergy   | d. <input type="checkbox"/> |
| 6. A customer in your hotel says they are gluten-free at dinner, but in the morning, you see them pick up a croissant at the buffet. How do you react?          | Q6                          |
| a. Advise the customer that there is gluten in the croissant and offer them a gluten free alternative, if available   | a. <input type="checkbox"/> |
| b. Advise the customer that they shouldn't tell staff they are gluten-free if they are not, because you wasted a lot of effort creating a bespoke meal for them | b. <input type="checkbox"/> |
| c. Tell other staff to ignore any further 'food allergies' this customer reports  | c. <input type="checkbox"/> |
| d. Say and do nothing   | d. <input type="checkbox"/> |
| 7. A customer seems to be displaying severe signs of a food allergy and is having difficulty breathing, what do you do?   | Q7                          |
| a. Call an ambulance and advise them that a customer appears to be going into anaphylactic shock  | a. <input type="checkbox"/> |
| b. Offer them a drink   | b. <input type="checkbox"/> |
| c. Walk them around to keep them moving   | c. <input type="checkbox"/> |
| d. See if you can find the first aider on duty  | d. <input type="checkbox"/> |

8. Which of the following statements is true?

- a. People are always born with a food allergy and will have it all their life
- b. You can develop a food allergy at any age and may 'grow out' of it or may have it for the rest of your life
- c. You can't get new food allergies once you are an adult
- d. People with food allergies are just fussy eaters

Q8

- a.
- b.
- c.
- d.

9. A customer reports symptoms in line with an allergic reaction to sesame seeds. You had already advised them that there were no sesame seeds nor sesame oil in the dish. You call an ambulance and the customer is treated. As the chef / manager what is your next priority?

- a. Re-view all the ingredients of that dish to look for sesame products
- b. Contact your food supplier to ask if the factories also produce sesame related products
- c. Review all the ingredient suppliers you use to check for accurate labelling
- d. Remove the dish from the menu until you can identify what triggered the reaction

Q9

- a.
- b.
- c.
- d.

10. Which of the following is not a common symptom of a food allergy?

- a. Diarrhoea
- b. Hives or a skin rash
- c. Collapse
- d. Ear ache

Q10

- a.
- b.
- c.
- d.

Now visit [www.ghtrainingsolutions.co.uk/resources](http://www.ghtrainingsolutions.co.uk/resources) to download the answers. Mark your answers and record your score out of 10.

Name.....

Score..... / 10

Date .....

Supervisor signature (if you wish to record this quiz as part of on-going staff training)

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