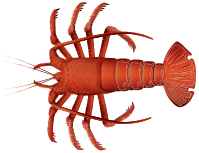


Activity 1 – Food Allergens



1. Match the foods to the allergen by drawing a line between them.



Peanuts

Nuts

Cereals containing gluten*
(wheat, barley, rye, oats,
spelt and kamut)

Eggs

Milk

Fish

Lupin

Mustard

Sesame seeds

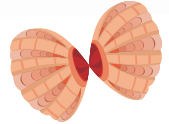
Molluscs
(such as mussels and oysters)

Crustaceans
(such as lobster and crab)

Soybeans

Celery

Sulphur dioxides and sulphites



Activity 2 – Food Allergens



1. What are the 14 food allergens that must by law be emphasised in the ingredients list of a food label?

2. How can these ingredients be emphasised on the label?

Activity 3 – Cut down on food waste



1. Give two reasons why cutting down on food waste is important.

2. List three shopping tips to get the most from your budget by avoiding food waste.

3. List three tips for cutting down on food waste at home.

4. Give two reasons why checking durability dates can help cut down on food waste.
