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Practice Questions

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1. Which of the following is NOT one of the Big 9 allergens?

- A. Sesame
- B. Tree nuts
- C. Soybeans
- D. Mustard

2. What is the difference between a food allergy and food intolerance?

- A. Food intolerance is always more severe than allergies
- B. Food intolerance always causes immediate symptoms
- C. A food allergy involves the immune system and can be life-threatening
- D. A food allergy affects only the digestive system

3. What happens during an allergic reaction to food?

- A. Food components directly irritate the gastrointestinal tract
- B. The immune system identifies a food protein as harmful and releases chemicals like histamine
- C. Bacteria in the food multiply and release toxins
- D. The digestive system lacks enzymes to break down certain proteins

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4. What is cross-contact in relation to food allergens?

- A. When an allergen-free food touches or is exposed to a food allergen
- B. When bacteria transfer from one food to another
- C. When food is stored at improper temperatures
- D. When food is cooked at incorrect temperatures



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5. How is cross-contact different from cross-contamination?

- A. They are different terms for the same concept
- B. Cross-contamination is more dangerous than cross-contact
- C. Cross-contact only occurs with the Big 9 allergens
- D. Cross-contact involves allergen transfer, while cross-contamination involves bacteria transfer

6. Which of the following is true about anaphylaxis?

- A. It always develops slowly over several hours
- B. It can be effectively treated with antihistamines alone
- C. It is a severe allergic reaction that can be life-threatening and requires immediate emergency treatment
- D. It only affects the respiratory system

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7. According to FDA labeling regulations, how must major food allergens be identified on packaged foods?

- A. Only if they exceed a certain percentage of the food
- B. In plain language either in the ingredient list or in a separate "Contains" statement
- C. Only in the nutritional facts panel
- D. Using scientific or technical terms only

8. Which allergen was added most recently to the list of major food allergens requiring labeling?

- A. Sesame
- B. Wheat
- C. Shellfish
- D. Tree nuts

9. Which of the following factors can affect the severity of an allergic reaction?

- A. The color of the food
- B. The temperature of the food
- C. The texture of the food
- D. The amount of allergen consumed

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10. Which of the following is NOT a common symptom of food allergies?

- A. Swelling of lips and tongue
- B. Difficulty breathing
- C. Fever
- D. Hives

11. If a menu item contains both shrimp and crab, which allergens must be identified?

- A. Shrimp and crab separately
- B. Shellfish
- C. Fish and shellfish
- D. Seafood

12. What does the term "Big 9" refer to in food service?

- A. The nine major food allergens that account for most food allergic reactions
- B. The nine most common foodborne pathogens
- C. The nine mandatory cleaning procedures for food service
- D. The nine required kitchen stations in a restaurant

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13. Which of the following tree nuts is subject to allergen labeling requirements?

- A. Coconut
- B. Nutmeg
- C. Peppercorn
- D. Almonds

14. A customer with a wheat allergy could potentially have an allergic reaction to which of the following ingredients?

- A. Tapioca starch
- B. Corn meal
- C. Semolina
- D. Rice flour

15. Which statement about food allergies is TRUE?

- A. Cooking food at high temperatures destroys all allergens
- B. Even trace amounts of allergens can cause severe reactions in some individuals
- C. Most people will outgrow food allergies by adulthood
- D. Food allergies always cause immediate and visible symptoms



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16. Which body system is NOT typically affected during an allergic reaction?

- A. Skeletal system
- B. Respiratory system
- C. Digestive system
- D. Cardiovascular system

17. Under FDA regulations, which of the following would be an acceptable way to label an allergen?

- A. Using an asterisk next to ingredients containing allergens
- B. Placing allergen information only on the back panel
- C. Using only scientific names for allergenic ingredients
- D. "Contains: Milk" immediately after the ingredient list

18. What does the term "precautionary allergen labeling" refer to?

- A. Instructions for avoiding allergic reactions
- B. Expiration dates for allergenic foods
- C. Voluntary statements like "may contain" that alert consumers to potential cross-contact
- D. Required warnings for all the Big 9 allergens

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19. Which food contains milk protein and must be labeled as a milk allergen?

- A. Maltodextrin
- B. Casein
- C. Gluten
- D. Lecithin

20. How can you tell if someone is experiencing anaphylaxis rather than a mild allergic reaction?

- A. Multiple symptoms affecting different body systems simultaneously
- B. Symptoms only appear 24 hours after eating
- C. Only digestive symptoms are present
- D. The reaction can be stopped by taking antihistamines



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21. What is the most severe form of allergic reaction?

- A. Mild rash
- B. Stomach cramps
- C. Nasal congestion
- D. Anaphylaxis

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22. Which of the following symptoms indicates a severe allergic reaction requiring immediate emergency response?

- A. Sneezing
- B. A single hive
- C. Difficulty breathing
- D. Mild itching on hands

23. What is the first action foodservice staff should take when a guest shows signs of a severe allergic reaction?

- A. Check the ingredients list
- B. Call 911 immediately
- C. Ask the guest what they ate
- D. Offer water to the guest

24. How should an epinephrine auto-injector be stored in a restaurant setting?

- A. At room temperature, away from direct sunlight
- B. In the refrigerator
- C. In the freezer
- D. Near hot cooking equipment for quick access

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25. When documenting an allergic reaction incident, which of the following should NOT be included?

- A. Foods the guest consumed
- B. Symptoms the guest experienced
- C. Actions taken by staff
- D. Guest's payment information



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26. Which body part is the recommended injection site for an epinephrine auto-injector?

- A. Stomach
- B. Buttock
- C. Outer thigh muscle
- D. Upper arm

27. How long should an epinephrine auto-injector be held against the thigh after triggering?

- A. 1 minute
- B. 3 seconds
- C. 10 seconds
- D. 30 seconds

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28. What information should staff provide to emergency responders when they arrive to treat an allergic reaction?

- A. What food allergens the guest may have consumed
- B. The restaurant's business hours
- C. The guest's dining history
- D. The restaurant's food safety rating

29. After administering an epinephrine auto-injector to a guest having a severe allergic reaction, what should staff do next?

- A. Ask the guest to pay their bill
- B. Continue serving other customers
- C. Clean the table area
- D. Monitor the guest's condition while waiting for emergency responders

30. Which of the following is NOT a common symptom of an allergic reaction to food?

- A. Swelling of the lips
- B. Difficulty breathing
- C. Fever
- D. Hives



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Answer Key & Explanations

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1. D — Mustard

The Big 9 allergens are milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. Mustard is not part of the Big 9 allergens required to be labeled by FDA regulations.

2. C — A food allergy involves the immune system and can be life-threatening

A food allergy involves the immune system and can be life-threatening, while a food intolerance affects the digestive system and causes discomfort but is not life-threatening.

3. B — The immune system identifies a food protein as harmful and releases chemicals like histamine

During an allergic reaction, the immune system identifies a food protein as harmful and releases chemicals like histamine, causing symptoms that can range from mild to severe.

4. A — When an allergen-free food touches or is exposed to a food allergen

Cross-contact occurs when an allergen-free food touches or is exposed to a food allergen, transferring proteins that can cause allergic reactions in sensitive individuals.

5. D — Cross-contact involves allergen transfer, while cross-contamination involves bacteria transfer

Cross-contact involves allergen protein transfer that can cause allergic reactions, while cross-contamination involves harmful bacteria transfer that can cause foodborne illness.

6. C — It is a severe allergic reaction that can be life-threatening and requires immediate emergency treatment

Anaphylaxis is a severe, potentially life-threatening allergic reaction that can involve multiple body systems simultaneously and requires immediate emergency treatment.

7. B — In plain language either in the ingredient list or in a separate "Contains" statement

FDA regulations require major food allergens to be clearly listed in plain language either in the ingredient list or in a separate "Contains" statement immediately following the ingredient list.

8. A — Sesame

Sesame was added as the 9th major food allergen through the FASTER Act, which went into effect on January 1, 2023, requiring sesame to be clearly labeled on packaged foods.

9. D — The amount of allergen consumed

The amount of allergen consumed can directly affect the severity of an allergic reaction, although some individuals may react severely even to trace amounts.

10. C — Fever

Fever is not a common symptom of food allergies. Common symptoms include hives, itching, swelling, difficulty breathing, vomiting, and diarrhea.

11. B — Shellfish

Both shrimp and crab are classified as shellfish, which is one of the Big 9 allergens, so shellfish must be



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identified as an allergen in the dish.

12. A — The nine major food allergens that account for most food allergic reactions

The "Big 9" refers to the nine major food allergens that account for approximately 90% of all food allergic reactions and require specific labeling under FDA regulations.

13. D — Almonds

Almonds are tree nuts and therefore subject to allergen labeling requirements. All tree nuts are considered major allergens that must be clearly labeled.

14. C — Semolina

Semolina is made from wheat and contains wheat proteins that can cause allergic reactions in people with wheat allergies.

15. B — Even trace amounts of allergens can cause severe reactions in some individuals

Even trace amounts of allergens can cause severe reactions in some individuals, which is why strict allergen management practices are necessary in food service.

16. A — Skeletal system

The skeletal system is not typically directly affected during an allergic reaction. Allergic reactions commonly affect the respiratory, digestive, cardiovascular, and integumentary (skin) systems.

17. D — "Contains: Milk" immediately after the ingredient list

Listing "Contains: Milk" immediately after the ingredient list is an acceptable way to label allergens according to FDA regulations.

18. C — Voluntary statements like "may contain" that alert consumers to potential cross-contact

Precautionary allergen labeling refers to voluntary statements like "may contain" or "processed in a facility that also processes" that alert consumers to the potential presence of unintentional allergens due to cross-contact.

19. B — Casein

Casein is a milk protein and must be labeled as a milk allergen according to FDA regulations, which require that allergenic ingredients be identified using their common or usual name.

20. A — Multiple symptoms affecting different body systems simultaneously

Anaphylaxis typically involves multiple symptoms affecting different body systems simultaneously, such as hives plus difficulty breathing or drop in blood pressure, and can progress rapidly.

21. D — Anaphylaxis

Anaphylaxis is the most severe form of allergic reaction and can be life-threatening. It typically affects multiple body systems simultaneously and requires immediate emergency treatment.

22. C — Difficulty breathing

Difficulty breathing is a severe symptom of anaphylaxis that requires immediate emergency response, including administration of epinephrine and calling 911.

23. B — Call 911 immediately

The first action should be to call 911 immediately when a guest shows signs of a severe allergic reaction, as professional medical assistance is crucial in these life-threatening situations.



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24. A — At room temperature, away from direct sunlight

Epinephrine auto-injectors should be stored at room temperature, away from direct sunlight and extreme temperatures, to maintain their effectiveness in emergency situations.

25. D — Guest's payment information

The guest's payment information should NOT be included in allergic reaction incident documentation. Documentation should focus on relevant information about the reaction, response, and food consumed.

26. C — Outer thigh muscle

The outer thigh muscle (through clothing if necessary) is the recommended injection site for an epinephrine auto-injector as it allows for quick absorption into the bloodstream.

27. B — 3 seconds

An epinephrine auto-injector should be held against the thigh for 3 seconds after triggering to ensure complete delivery of the medication.

28. A — What food allergens the guest may have consumed

Staff should provide information about suspected food allergens consumed, as this helps emergency responders determine appropriate treatment for the allergic reaction.

29. D — Monitor the guest's condition while waiting for emergency responders

After administering an epinephrine auto-injector, staff should monitor the guest's condition while waiting for emergency responders, as symptoms may persist or return.

30. C — Fever

Fever is NOT a common symptom of an allergic reaction to food. Common symptoms include hives, swelling, difficulty breathing, vomiting, and dizziness.



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