

# Feedback-Sheet for "Think on ... Allergies and allergens" First training session

Group: .....

Correct answers:

Comments by supervisor::

<p><u>Task 1-1</u> - Correct examples:</p> <p>A) hay fever; allergies against dust, animal hair, food, pharmaceutical products, detergents, etc.</p> <p>B) cold symptoms (watering eyes, running nose) also known as rhinitis, asthma, itchy and inflamed skin, indigestion, in the worst case anaphylactic shock with failure of the cardiovascular and breathing system</p>																																																					
<p><u>Task 1-2</u> - Correct answers:</p> <ul style="list-style-type: none"> <li>- unpleasant, even dangerous body reactions against harmless substances can be allergies.</li> <li>- allergy is essentially "immunity gone wrong".</li> <li>- allergies might be life threatening! Therefore contact with the respective allergenic substance should be avoided.</li> </ul> <p><b>Wrong answers:</b></p> <ul style="list-style-type: none"> <li>- disliking a certain food</li> <li>- allergies are imagined. (Adding the allergy causing substance secretly might provoke a life threatening reaction!)</li> </ul>																																																					
<p><u>Task 1-3</u></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 10%;">is an allergy:</th> <th style="width: 10%;">yes</th> <th style="width: 10%;">no</th> <th style="width: 10%;">food-allergy</th> </tr> </thead> <tbody> <tr> <td>1) hay fever in spring due to pollen</td> <td></td> <td style="text-align: center;">X</td> <td style="text-align: center;">-</td> <td style="text-align: center;">-</td> </tr> <tr> <td>2) sensitivity towards cold temperature</td> <td></td> <td style="text-align: center;">-</td> <td style="text-align: center;">X</td> <td style="text-align: center;">-</td> </tr> <tr> <td>3) allergic reaction against hazelnuts</td> <td></td> <td style="text-align: center;">X</td> <td style="text-align: center;">-</td> <td style="text-align: center;">X</td> </tr> <tr> <td>4) allergic reaction against body lotion</td> <td></td> <td style="text-align: center;">X</td> <td style="text-align: center;">-</td> <td style="text-align: center;">-</td> </tr> <tr> <td>5) diarrhoea after lots of fresh fruit</td> <td></td> <td style="text-align: center;">-</td> <td style="text-align: center;">X</td> <td style="text-align: center;">-</td> </tr> <tr> <td>6) allergic reaction against certain cereals</td> <td></td> <td style="text-align: center;">X</td> <td style="text-align: center;">-</td> <td style="text-align: center;">X</td> </tr> <tr> <td>7) severe allergic reaction against fish</td> <td></td> <td style="text-align: center;">X</td> <td style="text-align: center;">-</td> <td style="text-align: center;">X</td> </tr> <tr> <td>8) damage to the lung caused by tobacco smoking</td> <td></td> <td style="text-align: center;">-</td> <td style="text-align: center;">X</td> <td style="text-align: center;">-</td> </tr> <tr> <td>9) allergic reaction against animal hair</td> <td></td> <td style="text-align: center;">X</td> <td style="text-align: center;">-</td> <td style="text-align: center;">-</td> </tr> </tbody> </table>		is an allergy:	yes	no	food-allergy	1) hay fever in spring due to pollen		X	-	-	2) sensitivity towards cold temperature		-	X	-	3) allergic reaction against hazelnuts		X	-	X	4) allergic reaction against body lotion		X	-	-	5) diarrhoea after lots of fresh fruit		-	X	-	6) allergic reaction against certain cereals		X	-	X	7) severe allergic reaction against fish		X	-	X	8) damage to the lung caused by tobacco smoking		-	X	-	9) allergic reaction against animal hair		X	-	-			
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<p><u>Task 1-5</u></p> <p>Correct examples for "<b>what to do?</b>":</p> <ul style="list-style-type: none"> <li>- avoid foodstuffs you are allergic to (e.g. milk: no milk, yoghurt, cheese, cream, ice cream, milk chocolate...)</li> <li>- carefully read ingredients list on products</li> <li>- if in doubt, call or contact food company</li> <li>- when invited by friends or eating in a restaurant or at work, inform the chef about the food you have to avoid.</li> </ul> <p>Correct examples for "<b>what can an allergic person expect from our company?</b> ":</p> <ul style="list-style-type: none"> <li>- exhaustive and reliable labelling</li> <li>- the major food allergens are always labelled, even when present in traces.</li> </ul>																																																					