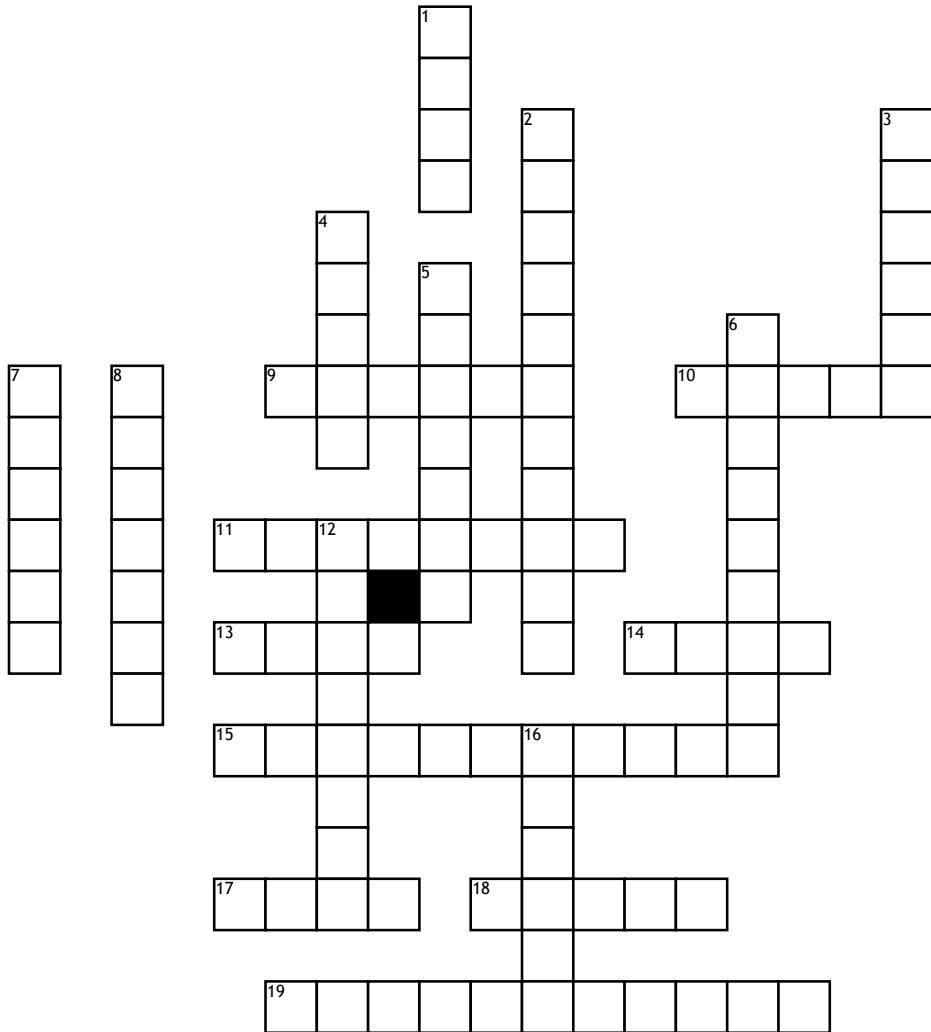


Allergens



Across

9. Can be found in oil, oriental food and cereal bars

10. Found in certain flour and bread

11. A messy intolerance or allergic reaction

13. A dairy free diet should not have this in their food

14. Grown on trees and a tough one to crack

15. Lobsters, crabs and prawns come under this allergen

17. Caught by anglers

18. The worst case scenario

19. A severe potentially life threatening reaction

Down

1. Can be found in vegetarian and oriental foods

2. Causes difficulty digesting certain foods and can cause bloating and tummy pain

3. A celiac should avoid eating foods containing this

4. A red, itchy raised rash caused by an allergic reaction

5. Grown underground and often served salted

6. Can be found in dried fruit, beer and wine

7. An unpleasant stomach reaction to an intolerance

8. A hot condiment

12. Mussels and oysters come under this allergen

16. A long stalked vegetable used to flavour soups and sauces

Word Bank

Soya

Nuts

Peanuts

Fish

Crustaceans

Sulphites

Hives

Mustard

Intolerance

Death

Vomiting

Gluten

Cramps

Milk

Celery

Sesame

Molluscs

Anaphylaxis

Lupin