

Name: _____ Date: _____

Match the allergen to the common sources

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| 1. Soups, salads, stock cubes, meat products | A. Sesame seeds |
| 2. Crab, lobster, prawns, scampi | B. Celery |
| 3. Worcestershire sauce, relishes, stock cubes | C. Milk |
| 4. Butter, cream, cheese, yoghurt | D. Mustard |
| 5. Curries, marinades, salad dressings, sauces, soups | E. Fish |
| 6. Biscuits, curries, satay sauce, oils, flour | F. Peanuts |
| 7. Desserts, ice cream, vegetarian/vegan products | G. Sulphites |
| 8. Breadcrumbs, cakes, pasta, sauces, fried foods | H. Lupin |
| 9. Mayonnaise, pasta, quiche, cakes | I. Eggs |
| 10. Flour, bread, pastries | J. Soya |
| 11. Mussels, snails, whelks, fish stews | K. Crustaceans |
| 12. Breads, biscuits, marzipan, oils, sauces | L. Gluten |
| 13. Breadsticks, houmous, oils, salads | M. Molluscs |
| 14. Soft drinks, wine, beer, dried fruits | N. Nuts |