

Pre-/Post-Assessment Answers

Answer each multiple-choice question.

1. What medication treats anaphylaxis?
 - a. Acetaminophen
 - b. Albuterol
 - c. Antihistamines
 - d. Epinephrine
2. According to current labeling laws, where must the nine major allergens be listed on the ingredient label?
 - a. At the end, as part of a "Contains" statement
 - b. Common name in the ingredient list
 - c. In parenthesis after the ingredient
 - d. A, B, or C
3. Which of these foods is **NOT** one of the nine major allergens?
 - a. Corn
 - b. Fish
 - c. Sesame
 - d. Wheat
4. When is a school nutrition program required to make meal modifications for a student with a known food allergy?
 - a. The school nutrition staff doesn't have to make accommodations
 - b. When the school nurse asks for a substitution
 - c. When a State licensed healthcare professional or registered dietician writes a meal modification
 - d. When the teacher asks for a substitution
5. When should employees read food labels for food allergens?
 - a. Beginning of the school year
 - b. Once a week
 - c. When the product is received
 - d. When there is a complaint
6. What method will remove food allergen residue from a prep table?
 - a. Clean the table if it looks dirty
 - b. Rinse the surface with clean water
 - c. Wash, rinse, sanitize, and air-dry
 - d. Wipe with a wet cloth

7. What can be a symptom of an allergic reaction?
- a. Difficulty breathing
 - b. Vomiting
 - c. Widespread hives
 - d. Any of the above
8. Which of the following situations is an incidence of cross-contact?
- a. Handling raw meat then handling fresh fruit without washing your hands in between
 - b. Storing raw chicken above the lettuce
 - c. Placing unwashed fruit on a cutting board and then using the same cutting board to cut washed fruit
 - d. Using the same spatula to get peanut butter and jelly from their containers without washing in between
9. Which scenario is an example of safely serving a student with food allergies Breakfast in the Classroom?
- a. Have a student with a milk allergy scrape the cheese off their omelet
 - b. Provide all food items for breakfast in one container
 - c. Put breakfast sandwiches with and without cheese on opposite sides of the same tray
 - d. Wrap, label, and separate wheat-free bread from wheat bread
10. Which of these statements about food-related disabilities is true?
- a. Celiac disease is an autoimmune disorder that involves the immune system in the small intestine.
 - b. Gluten-free and wheat-free foods are the same thing.
 - c. Oysters, mussels, and clams fall under crustacean shellfish, as they are in the mollusk family of shellfish.
 - d. People may be able to ingest some food related to their food allergy(s).