Pre/Post-Assessment Answers

Answer each multiple choice question.

1. What medication should be used to treat anaphylaxis?
   a. Antihistamines
   b. Albuterol
   c. **Epinephrine**
   d. Acetaminophen
   e. None of the above

2. According to current labeling laws, where must the eight major allergens be listed on the ingredient label?
   a. In the body of the ingredient list
   b. At the end as part of a “Contains” statement in parenthesis
   c. They are not required to be listed
   d. **Either (a) or (b)**
   e. Both (a) and (b)

3. Which is the MOST common way to trigger an anaphylactic reaction?
   a. Touching the food
   b. Breathing in the food
   c. **Eating the food**
   d. Seeing the food
   e. None of the above

4. When is a school nutrition program required to make accommodations for a child with a known food allergy?
   a. When the teacher asks for a substitution
   b. When the school nurse asks for a substitution
   c. **When a state licensed healthcare professional completes a form and lists the child as disabled from food allergies**
   d. The school nutrition staff doesn’t have to make accommodations
   e. All of the above

5. What is a best practice for the school nutrition department to store food labels?
   a. Forever
   b. **For at least 24 hours**
   c. For the school year
   d. There is no need to keep all the labels
   e. 3 weeks
6. What method of cleaning or sanitizing a prep table will remove food allergen residue?
   a. Wash with hot, soapy water, and friction
   b. Wipe with a wet cloth
   c. Sanitize the prep table
   d. Rinse surface with clean water
   e. Clean table if it looks dirty

7. What can be a symptom of anaphylaxis?
   a. Difficulty breathing
   b. Vomiting
   c. Diarrhea
   d. Widespread hives
   e. 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 lettuce
   c. Placing unwashed fruit on a cutting board then using the same cutting board to cut washed fruit
   d. Using the same spatula to get peanut butter and jelly from their containers
   e. None of the above

9. Which federal law prohibits discrimination against qualified persons with disabilities in programs or activities of any organization receiving federal financial assistance?
   a. Rehabilitation Act of 1973
   b. Individuals with Disabilities Education Act of 1975 (IDEA)
   c. Americans with Disabilities Act of 1990 (ADA)
   d. Family Educational Rights and Privacy Act of 1974 (FERPA)
   e. The Health Insurance Portability and Accountability Act of 1996 (HIPPA)

10. The Centers for Disease Control and Prevention (CDC) recommends which of the following for food allergy training?
    a. Provide professional development on food allergies for all school staff
    b. In depth training for staff who come in contact with children with food allergies
    c. Specialized training for staff responsible for managing the health of children with food allergies on a daily basis
    d. Teach all children, parents, and families about food allergies
    e. All of the above