

Post-Assessment

Answer each multiple-choice question.

1. What medication treats 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. Common name in the ingredient list
 - b. At the end as part of a “Contains” statement
 - c. In parenthesis after the ingredient
 - d. Only B
 - e. A, B, or C

3. Which of these foods is not one of the eight major allergens?
 - a. Wheat
 - b. Soy
 - c. Corn
 - d. Fish
 - e. Milk

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. When should employees read food labels for food allergens?
 - a. Beginning of the school year
 - b. When product is received
 - c. Every school semester
 - d. Once a week
 - e. When there is a complaint

6. What method will remove food allergen residue from a prep table?
 - 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 an allergic reaction?
 - 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, without washing in between
 - e. None of the above

9. Which one of these is an example of safely serving a child with food allergies Breakfast in the Classroom?
 - a. Wrap, label, and separate wheat-free bread from wheat bread
 - b. Put breakfast sandwiches with and without cheese on opposite sides of the same tray
 - c. Allow children to hand out breakfast food to other students
 - d. Have child with milk allergy scrap the cheese off their omelet
 - e. Provide all food items for breakfast in one container

10. Which of these statements is true?
 - a. Gluten-free and wheat-free foods are the same thing.
 - b. Celiac disease is an autoimmune disorder that involves the immune system in the small intestine.
 - c. People may be able to ingest some food-related to their food allergy.
 - d. Anaphylaxis is a non-life-threatening, allergic reaction that has a rapid onset.
 - e. Oysters, mussels, and clams fall under crustacean shellfish, as they are in the mollusk family for shellfish.