Food Allergies & Food Intolerances

GROUP 1

*Allocate a job for each member of the group*

* Manager: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Scribe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Researcher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Presenter :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Complete the following questions based on research you find on the internet, in your workbook “Eating to Live”, and in research provided.*

1. Explain the difference between food allergies & food intolerances
2. Identify common triggers of food allergies
3. Describe the term ‘elimination diet’.
4. How does the body react?
5. Explain the term ‘anaphylactic response’.
6. Imagine you are a dietician, develop a meal plan for a person who is allergic to nuts. What foods would you advise this person to avoid.
7. If you owned a restaurant what precautions would you need to take if a customer told you they had an allergy to nut?

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GROUP 2

*Allocate a job for each member of the group*

* Manager: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Scribe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Researcher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Presenter :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Complete the following questions based on research you find on the internet, in your workbook “Eating to Live”, and in research provided.*

1. Explain the difference between food allergies & food intolerances
2. Identify common triggers of food allergies
3. Describe the term ‘elimination diet’.
4. How does the body react?
5. Explain the term ‘crustacean’
6. Imagine you are a dietician, develop a meal plan for a person who is allergic to shellfish. What foods would you advise this person to avoid.
7. If you owned a restaurant what precautions would you need to take if a customer told you they had an allergy to shellfish?

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GROUP 3

*Allocate a job for each member of the group*

* Manager: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Scribe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Researcher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Presenter :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Complete the following questions based on research you find on the internet, in your workbook “Eating to Live”, and in research provided.*

1. Explain the difference between food allergies & food intolerances
2. Identify common triggers of food intolerances
3. Describe the term ‘elimination diet’.
4. How does the body react?
5. Explain the term ‘coeliac disease’
6. Imagine you are a dietician, develop a meal plan for a person who has an intolerance to gluten. What foods would you advise this person to avoid.
7. If you owned a restaurant what precautions would you need to take if a customer told you they had an intolerance to foods containing gluten?

Food Allergies & Food Intolerances

GROUP 4

*Allocate a job for each member of the group*

* Manager: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Scribe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Researcher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Presenter :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Complete the following questions based on research you find on the internet, in your workbook “Eating to Live”, and in research provided.*

1. Explain the difference between food allergies & food intolerances
2. Identify common triggers of food intolerances
3. Describe the term ‘elimination diet’.
4. How does the body react?
5. What is ‘Lactose’?
6. Imagine you are a dietician, develop a meal plan for a person who has an intolerance to lactose. What foods would you advise this person to avoid.
7. If you owned a restaurant what precautions would you need to take if a customer told you they had an intolerance to foods containing lactose?

Food Allergies & Food Intolerances

GROUP 5

*Allocate a job for each member of the group*

* Manager: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Scribe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Researcher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Presenter :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Complete the following questions based on research you find on the internet, in your workbook “Eating to Live”, and in research provided.*

1. Explain the difference between food allergies & food intolerances
2. Identify common triggers of food allergies
3. Describe the term ‘elimination diet’.
4. How does the body react?
5. Does egg allergy occur in egg white or egg yolk?
6. Imagine you are a dietician, develop a meal plan for a person who is allergic to eggs. What foods would you advise this person to avoid.
7. If you owned a restaurant what precautions would you need to take if a customer told you they had an allergy to eggs?