

Find your way through the allergy maze to help keep friends safe!

# Allergy adventures™



START ►

Keep a LOOK OUT for the top 14 allergens!



Milk



Nuts



Cereals containing gluten (wheat, rye, barley and oats)



Egg



Peanut



Soya



Fish



Sesame



Crustaceans



Molluscs



Lupin



Celery



Mustard



Sulphites



Never share your lunch with me because I have an allergy!



Food allergies are serious. Be a good chum and don't make fun.

Wash Hands

Remember to wash your hands before and after eating.

Keep friends with food allergies safe. Get help quickly if they are vomiting or finding it hard to breathe or speak. Or if they have a rash/swollen face/upset stomach, or if they feel faint.

FINISH

Well done!