**Food Allergy Assignment** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the difference between a Food Allergy and a Food Intolerance in terms of reaction and severity?
2. List 7 common *food allergens*.
3. What is the only way to prevent a reaction to a food allergy?
4. Do you suspect that *‘lactose intolerance’* would be more prevalent in First Peoples? Why? Do a web search to determine if your theory is correct.
5. Describe the function of the enzyme *lactase* in the small intestine.
6. What happens when lactase is not produced in sufficient quantities?
7. List the 5 common symptoms of lactose intolerance and the time frame in which they typically occur after consuming a milk or dairy product.
8. What do you think is a main challenge for people with lactose intolerance?
9. List 4 dairy milk alternatives available for consumers.
10. Does it run in families?
11. What age do symptoms normally develop?
12. What other conditions can trigger the onset of this condition?
13. How is it diagnosed? Treated?
14. Compare *‘gluten intolerance’* to *‘celiac disease’*.
15. Describe the body’s immune response to gluten in celiac disease.
16. Is there a genetic link to celiac disease? Include the statistic expressed as a percentage (%).
17. What is the treatment for celiac disease? How does this treatment effect the intestines?
18. Define *‘anaphylaxis’*.
19. List 5 symptoms of anaphylactic shock.
20. List 3 important follow-up procedures for anaphylactic shock.

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