



Listening

Food allergies



- **What kinds of food can cause an allergy?**

The most common foods are **peanuts**, milk products and **seafood**.

- **What is an allergic reaction?**

When someone eats or touches something they are allergic to, they have an allergic reaction. Some people get a **rash**, others have breathing problems or feel sick.

- **Are allergies dangerous?**

They can be. If a person's allergies are very serious, they may have to see a doctor or go to **hospital**.

- **Can you get an allergic reaction without actually eating a food?**

Yes, you can. Some people can get ill if they **come into contact with** the food, or use a **fork** which has touched that food.



1 Look at the words in red in the leaflet above and match them to the meanings 1-8 below.

1 _____ : fish and other animals from the sea that you can eat
 2 _____ : something you use to eat with
 3 _____ : a place you go to when you are very ill
 4 _____ : a medical condition that makes you ill every time you eat or touch a particular thing
 5 _____ : a lot of red spots on your skin
 6 _____ : becoming ill because you have eaten or touched something you are allergic to
 7 _____ : touch
 8 _____ : the nuts often used in biscuits and cakes

2 Read the sentences A-E in 3 and underline the key words in each sentence and then answer the questions.

Which sentence

1 is about talking to other people? _____
 2 is not about the speaker but about a relative of the speaker? _____
 3 is about preparing special meals? _____
 4 is about not touching a food? _____
 5 is about what happened in the past? _____

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Before you listen, always read the questions and underline any key words or phrases. This will help you to focus only on the parts of the recording which are relevant. When you listen to the different people speaking, pay special attention to any parts of the recordings which are similar to the words and phrases you underlined in the questions.

3 You will hear four people talking about food allergies. Choose from the list (A-E) what each speaker says. There is one extra letter which you do not need to use.

A Somebody in my family could die from their allergy.
 B I cook dishes with no milk or peanuts.
 C It's important to explain the problem to others.
 D I used to have an allergy.
 E I mustn't come into contact with the food I am allergic to.

1
 2
 3
 4