

Food allergy and intolerance

Read and answer the question:

What is the difference between food allergy and food intolerance?



*When someone has a **food allergy**, their immune **system** wrongly sees the food as hostile and the **body's defense***

***mechanism** goes into action. This produces a range of symptoms that can vary from **mild itching** to **severe breathing difficulties** or even **shock**. These symptoms usually happen **immediately after eating** the food.*

*When someone is **intolerant to a food**, the immune system is usually not involved and symptoms take much longer to develop and are generally not life-threatening. however, **food intolerance** can adversely affect **long-term health**, e.g. **lactose intolerance**.*



- A. What part of the body goes into action when someone has a food allergy?
- B. What is an example of a mild symptom of an allergy?
- C. What is an example of a severe symptom of an allergy?
- D. Name one way in which a food intolerance is different to a food allergy



Read about lactose intolerance:

Lactose intolerance means the body cannot easily digest lactose, a type of natural sugar found in milk and dairy products. This is not the same thing as a food allergy to milk. When lactose moves through the large intestine (colon) without being properly digested, it can cause uncomfortable symptoms such as gas, belly pain, and bloating. Some people who have lactose intolerance cannot digest any milk products. Others can eat or drink small amounts of milk products or certain types of milk products without problems.



Which of these foods can generally be eaten by people who have lactose-intolerance?
Tick the foods that are ok and put a cross by those foods to avoid:

Almond
Biscuits
Butter
Cakes
Calcium-fortified orange juices
Chocolate
Dried beans
Egg yolk
Salad dressing
Fatty fish, like salmon
Ice cream
Soft creamy cheese

Cream
Kale
Instant soup
Pancakes
Salad cream
Almond milk
Mayonnaise
Tofu
Broccoli
Canned white tuna
Calcium-fortified soy milk
Dark green leafy vegetables

Unscramble each word in the sentences about nuts allergies below:

Eating Check Foods Cause Oils Allergic

Hour Dishes Nuts



- a) Nuts and peanuts can **useca?** allergic reactions, which are sometimes severe.
- b) A severe reaction to **stun?** is called anaphylaxis and can be life-threatening.
- c) Symptoms often start quickly, within an **rouh?** of coming into contact with a nut, and sometimes within minutes.
- d) Avoiding **soofd?** that contain nuts will prevent an allergic reaction
- e) If someone has a severe **recigall?** reaction, an adrenaline (epinephrine) injection can be given straight away (if available) and an ambulance must be called.
- f) People with nut allergies must always **cechk?** food labels.
- g) Nuts and nut **soil?** are used as ingredients in a wide range of foods, e.g. biscuits, cakes, pastries, desserts, ice cream, breakfast cereals, cereal bars, nuts spreads, confectionery, vegetarian dishes, and salad dressing.
- h) Those with nut allergies should avoid **gintea?** foods at buffets or from delicatessens or bakeries where it is easy for food to be contaminated by touching other foods containing nuts.
- i) Chinese, Thai, and Indonesian **shedsi?** often contain nuts and nut oil.

