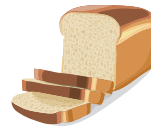


# FOOD ALLERGIES



Allergies happen when our immune system overreacts to something we eat or something in the environment. Common food allergies include peanuts, tree nuts, eggs and cow's milk. Some people are also allergic to shellfish, fish, wheat and soy.



Our researchers at Telethon Kids are trying to work out why kids get allergies. They also want to know how we can stop allergies from developing.

Ben is allergic to dairy. Can you help him decide which foods are safe for him to eat? Put a X on the foods that may have dairy in them. Find the safe dairy-free food and colour them in.

Did you know...

Up to one in 10 children has a food allergy.



If you do have a food allergy, **ALWAYS** read labels to make sure your food does not contain any of your allergens.

