

## Test your knowledge of Food Allergies

Allergy Awareness Week UK is an annual event, usually in April each year, intended to support the 21 million people living in the UK who suffer from an allergy. It highlights the issues they face, raises awareness of how we can all help and encourages people to be aware of their own allergies and intolerances.

For Allergy Awareness Week this year, we created a short quiz to test knowledge of food allergies. Here are the questions if you want to see how you score (answers at the bottom of the page).

### Question 1:

How many people in the UK have a diagnosed food allergy (of a total population of around 67m)?

- a) 1 million ( 1.5% of the population)
- b) 2 million ( 3% of the population)
- c) 4 million ( 6% of the population)

### Question 2:

How many people in the UK are estimated to have an undiagnosed food allergy?

- a) 6%, estimated (about 4 million people in the UK)
- b) 12%, estimated (about 8 million people in the UK)
- c) 20%, estimated (about 13 million people in the UK)

### Question 3:

What's the most common fatal food allergy amongst children in the UK?

- a) Peanuts
- b) Cow's milk
- c) Fish

### Question 4:

What is the maximum amount of gluten a product can contain and still, legally, be labelled as gluten-free?

- a) No gluten at all
- b) 20 parts per million (20ppm)
- c) 1 part per million ( 1ppm)

### Question 5:

Under EU law, there are 14 food stuffs that must legally be declared as allergens when contained in food. Which of the following is not one of them?

- a) apples
- b) celery
- c) lupin

### Useful food allergy resources and information:

GH Training Solutions run food allergen training courses at Level 2 (for food handlers) and Level 3 (for supervisors and managers). Find more details about them both here:

Level 2 <https://www.ghtrainingsolutions.co.uk/courses/level-2-food-allergen-awareness/>

Level 3 <https://www.ghtrainingsolutions.co.uk/courses/level-3-food-allergen-course/>

For general food allergy information, both the NHS and charity AllergyUK websites are useful

<https://www.allergyuk.org/>

<https://www.nhs.uk/conditions/food-allergy/>

Find out more about gluten-free foods: <https://www.coeliac.org.uk>

The answers  
1 : b) 2 million, about 3% of the population  
2 : c) 20% of people or 1 in 5  
3: b) Cow's milk  
4: b) 20 parts per million (20ppm)  
5: a.) apples