

Find your way through  
the allergy maze to help  
keep friends safe!

# Allergy adventures™



START ►

Keep a LOOK OUT for the top 14 allergens!



Milk



Nuts



Cereals containing  
gluten (wheat, rye  
barley and oats)



Egg



Peanut



Soya



Fish



Sesame



Crustaceans



Molluscs



Lupin



Celery



Mustard



Sulphites



Never share your  
lunch with me  
because I have  
an allergy!



Food allergies  
are serious.  
Be a good chum  
and don't make fun.

Wash

Hands

Remember to wash  
your hands before  
and after eating.

Keep friends with food allergies  
safe. Get help quickly if they are  
vomiting or finding it hard to breathe  
or speak. Or if they have a rash/swollen  
face/upset stomach, or if they feel faint.

FINISH

Well  
done!