

Year 8 Knowledge Organiser – Allergies & Intolerances

What is an allergy?

In the worst cases of food allergies, some people have severe reactions which can stop them breathing. They need an injection of adrenaline from an EpiPen to help them recover.

The EpiPen is given to **relax** the bodies muscles (throat, stomach, intestines etc).

What is an intolerance?

Unlike an allergy, a food intolerance is not life threatening. The onset of food intolerance symptoms is usually slower, and may be delayed by many hours after eating the offending food. The symptoms may also last for several hours, into the next day, and sometimes longer.

Symptoms

Food allergy

Swelling of the tongue
Vomiting
Shortness of breath
Itchy skin or rash
Dizziness

Food intolerance

Stomach pain
Bloating
Diarrhoea
Stomach rumbling
Flatulence

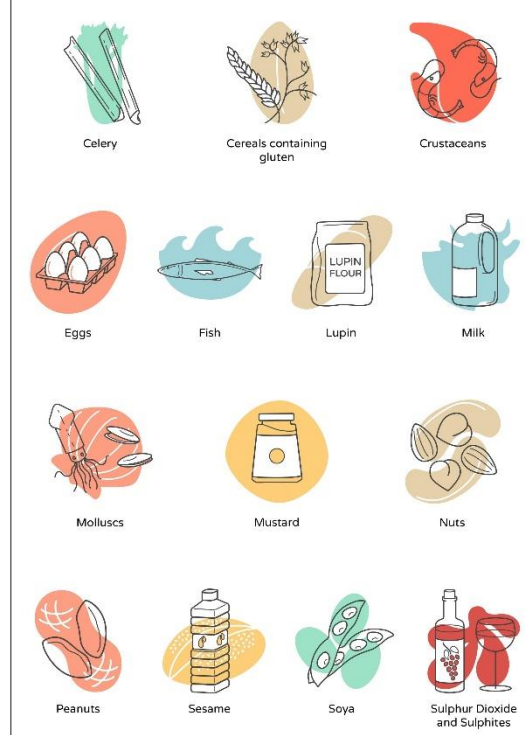
Best Before Date?

This means a product will be safe to eat after this date but the quality may deteriorate.

Use By Date?

The product must be eaten by this date as it may cause food poisoning if eaten after.

The 14 Named Allergens



HIGH SPEED TRAINING

Key Temperatures?

Fridge: 0 - 5C
Freezer: -18C
Danger Zone: 5-63C

Chopping board colour coding

Red - Raw meat
Blue - Raw fish
Yellow - Cooked meat
Green - Salad and fruit
Brown - Vegetables
White - Bakery and dairy

What is lactose?

Lactose is a natural **sugar** that is found in milk & milk products.

What is lactose intolerant?

Some people are lactose intolerant which means their bodies cannot **digest** it and it causes diarrhoea, flatulence & bloating. It is caused by the **digestive** system.

Where is lactose found?

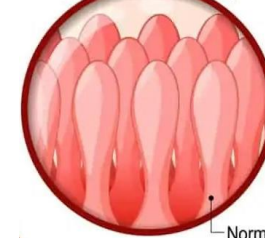
It is found in any product that contains **animal milk**.

Milk alternatives?

Almond, soya, oat, rice or coconut milk.
Vegetable spread instead of butter.



HEALTHY INTESTINE



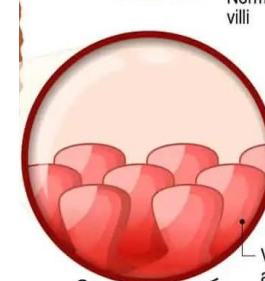
Normal villi

What is coeliac disease?

A chronic **immune** disorder triggered by gluten ingestion. It results in damage of **intestinal** lining and causes diarrhoea, fatigue, weight loss, bloating and anaemia.

What happens to the body?

The body's immune system attacks healthy tissues in the body by mistake, this causes damage to the lining of the gut and means the body cannot absorb nutrients properly.



CELIAC DISEASE

Villous atrophy