

# Food Allergy



I have a **food allergy**.

That means when I eat

\_\_\_\_\_

I feel sick.

Paste picture of allergic  
food item(s) here.



If someone offers me

\_\_\_\_\_

I will say:

*"No, I can't have \_\_\_\_\_  
because I am allergic. That food will make  
me sick."*

If I am having an **allergic reaction**, I may  
feel one or more of the following:

(check all that apply)

- Itchy, watery eyes
- Itchy nose, runny nose, or sneezing
- Rashes or hives (a rash with raised red patches)
- Stomachache
- Vomiting
- Tongue swelling, cough, or throat closing
- Wheezing (a whistling sound when you breathe)
- Chest tightness and losing your breath
- Feeling faint or light-headed
- Other: \_\_\_\_\_

Fold page here to follow along



When I feel sick, I should  
tell \_\_\_\_\_.



\_\_\_\_\_ can help me feel better.