



Name: _____

Date: _____

Looking Out for Leo

Instructions: Read the TeensHealth.org articles on food allergies, then find five food labels at home that contain an egg, peanut, or nut allergen. Be sure to recommend five healthy, allergen-free alternatives, and attach the labels to this sheet.

1. Food: _____
Allergen(s)? _____
Allergen-free alternative: _____

2. Food: _____
Allergen(s)? _____
Allergen-free alternative: _____

3. Food: _____
Allergen(s)? _____
Allergen-free alternative: _____

4. Food: _____
Allergen(s)? _____
Allergen-free alternative: _____

5. Food: _____
Allergen(s)? _____
Allergen-free alternative: _____

