Teacher Answer Key

Case Study

1. Bacteria are destroyed by heat and by sanitizer, so cooking or sanitizing solves cross-contamination. Allergen protein is not destroyed by either one, so it has to be physically washed away with soap and hot water, which means wiping a surface only relocates the protein rather than eliminating it.

2. Cleaning after the fact depends on every surface, tool, and pair of hands being caught, and a single missed board or utensil is enough to transfer protein. Preparing the allergen-free food before the allergen is ever opened means the protein was never in the workspace, which removes the chance of error instead of trying to correct for it.

Multiple Choice

1. B

2. B

3. C

Matching

1-D, 2-E, 3-B, 4-A, 5-C

Fill-in-the-Blank

1) nine, 2) epinephrine, 3) water

Short Answer (Sample Responses)

Q1: A Contains statement is required by federal law whenever a major allergen is present, so it is reliable information a shopper can act on. A may contain advisory is voluntary and unregulated, which means its presence is a warning worth heeding but its absence does not prove the food was made away from that allergen.

Q2: Antihistamines can reduce hives and itching, which makes a reaction look like it is improving while the dangerous parts continue. They do nothing about airway swelling or falling blood pressure, so using one in place of epinephrine wastes the minutes that determine the outcome.

Q3: Cutting out all dairy removes the main source of calcium and a major source of vitamin D in most American eating patterns. Because the condition is usually dose dependent and manageable with lactase tablets, aged cheese, yogurt, or lactose-free milk, eliminating dairy entirely without replacing those nutrients trades a digestive problem for a bone health problem.