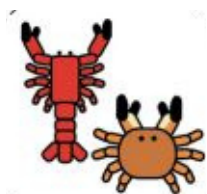


Top 14 Food Allergens

How many of the top 14 major food allergens do you know?

Visit our webpage to find out more:
<https://www.anaphylaxis.org.uk/about-anaphylaxis/14-major-food-allergens/>



DOWN

- 1. These can be found in desserts and sauces (e.g. satay sauce)
- 3. Tiny seeds often found on burger buns
- 4. A preservative found in fizzy drinks
- 7. Cashews and almonds are examples
- 8. Often found in salads and soups. The root is called celeriac.
- 9. Found in butter, cheese, cream and yoghurt

ACROSS

- 2. Found in cereals such as wheat and barley
- 5. This is a flower and can also be a flour!
- 6. Mussels and squid are examples
- 8. Prawns, lobster and crab are examples
- 9. Often served on a hot dog!

Three of the top 14 food allergens are missing from the crossword above. What are they?

1. **FISH**

2. **SOYA**

3. **EGG**