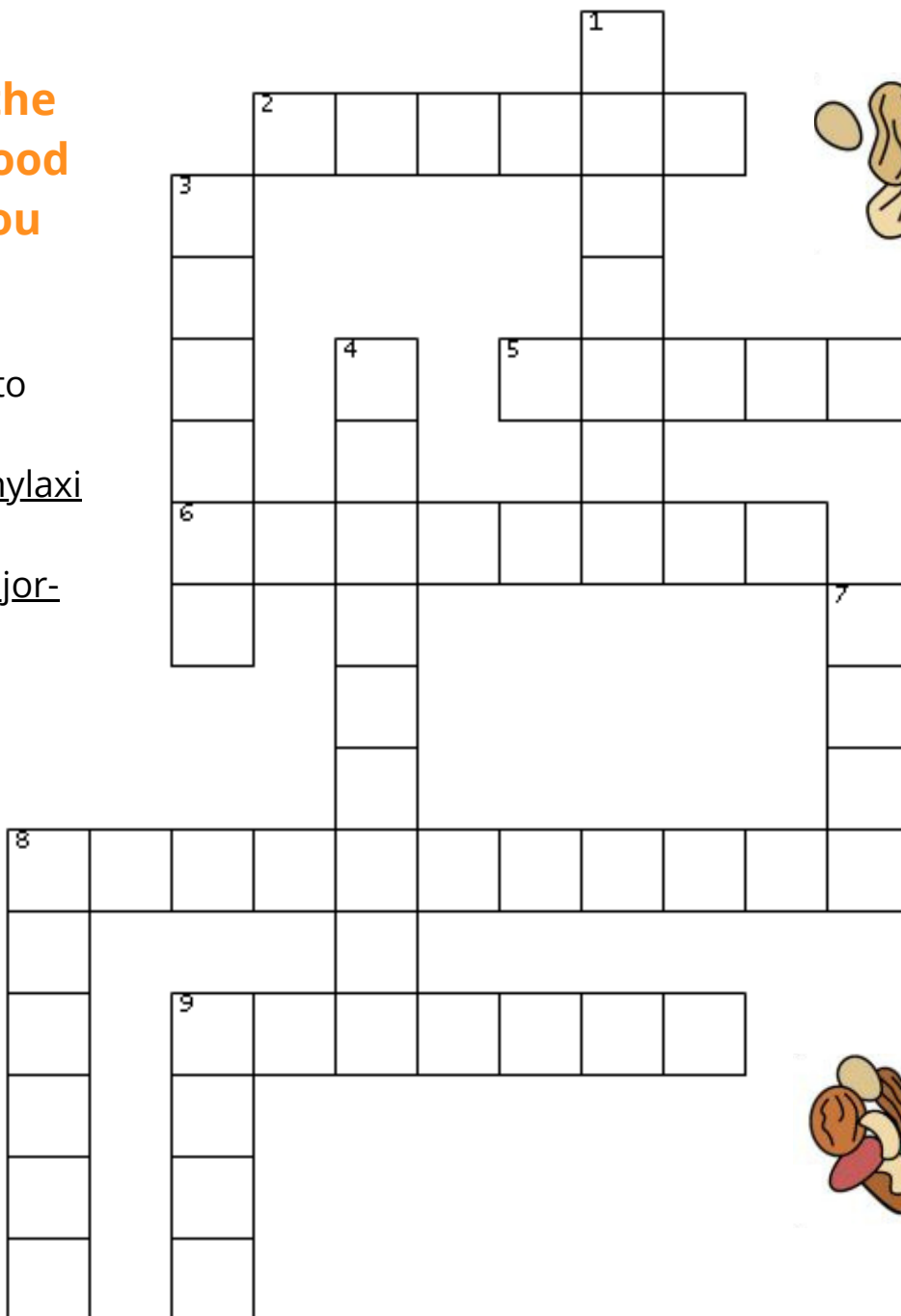
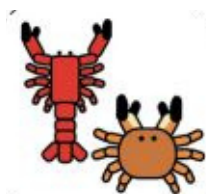


Top 14 Food Allergens

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. 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.

2.

3.