

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Allergens!

E	S	C	S	U	L	L	O	M	Y	J	K	M	D	J	R	S	H	R	I	M	P	S	X
Y	L	P	I	H	F	D	B	J	R	U	S	I	I	D	D	X	F	J	W	R	F	W	Z
Y	A	U	Z	J	W	C	A	D	R	A	T	S	U	M	N	R	P	M	B	I	F	S	V
K	Z	J	I	I	M	C	M	S	Y	G	F	W	J	M	A	N	X	I	N	W	B	O	Y
R	P	X	Z	L	C	N	Y	R	C	Z	Y	Y	R	I	I	K	C	V	S	H	K	O	N
B	T	S	N	X	V	L	J	N	L	I	I	W	S	O	T	L	Y	M	I	W	G	S	E
N	O	M	W	S	S	S	O	Y	A	L	E	I	G	M	D	D	K	H	B	H	C	S	P
W	Z	C	E	N	Z	S	A	O	O	H	N	E	B	J	L	A	X	L	U	M	I	Y	L
C	E	B	R	M	O	R	Y	B	S	S	A	J	M	F	U	V	Z	R	L	A	X	Z	E
W	P	E	A	L	N	S	S	A	N	X	H	L	P	A	F	C	T	L	N	V	I	Q	T
B	E	L	L	N	T	T	C	L	A	J	T	U	T	X	S	I	Y	N	S	J	T	D	J
B	M	C	N	E	E	S	O	Y	E	D	X	S	D	V	A	E	O	Z	T	I	V	J	I
H	N	Y	R	R	V	B	R	E	C	L	H	J	P	V	J	Y	S	U	U	F	P	U	E
Z	M	A	Y	U	Z	E	R	W	A	H	G	H	K	A	A	H	W	F	N	Z	H	F	H
V	M	O	V	Z	L	A	Q	C	T	W	B	S	N	M	S	V	W	O	B	V	R	Q	C
V	V	Z	U	E	P	P	B	S	S	I	R	I	L	X	S	T	F	T	J	W	W	D	I
W	F	P	C	K	E	P	U	T	U	S	E	F	O	P	J	L	A	J	E	K	Z	G	U
Q	P	G	J	U	E	U	U	L	R	N	A	N	E	U	X	S	G	W	I	Z	Y	L	Q
D	S	T	X	A	I	G	W	U	C	J	D	Z	M	I	P	V	G	T	B	R	Q	U	Q
F	X	R	N	E	I	Q	Z	C	H	S	S	Q	B	Z	R	T	E	G	R	U	S	T	N
E	J	U	N	I	P	U	L	F	E	E	T	A	T	B	X	V	P	U	E	O	X	E	T
Q	T	N	G	W	M	O	I	K	U	J	I	V	Y	B	B	A	C	H	D	L	D	N	O
S	E	J	C	B	P	I	A	S	T	O	C	K	J	B	W	C	J	U	C	F	M	X	Y
W	M	Z	F	D	W	C	T	I	C	D	K	C	V	C	A	U	M	L	R	S	A	I	U

- |             |            |            |          |         |
|-------------|------------|------------|----------|---------|
| Crustaceans | Breadstick | Mayonnaise | Molluscs | Lobster |
| Mustard     | Peanuts    | Raisins    | Yoghurt  | Cashew  |
| Celery      | Gluten     | Oyster     | Quiche   | Sesame  |
| Shrimp      | Cakes      | Curry      | Flour    | Lupin   |
| Pasta       | Stock      | Beer       | Eggs     | Fish    |
| Milk        | Nuts       | Soya       | Tofu     |         |