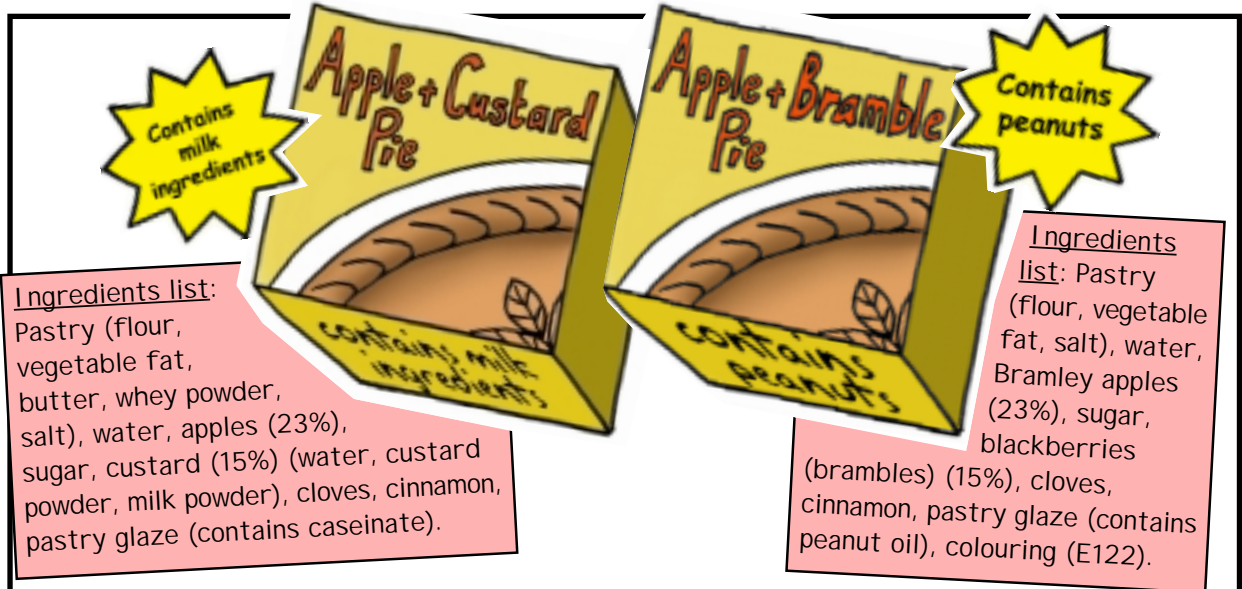


Can you help with allergies?



Your friend is coming round for an evening meal. They tell you they have a bad allergy to milk products. They get sick if they eat milk or food containing ingredients made from milk.

Which one of the puddings shown above would you give to them to eat?

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Which pudding would you tell them to avoid?

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Why?

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The allergy labelling probably helped you to make the decision, but take a closer look at the pudding the milk allergy sufferer should avoid. Which of the ingredients do you think might cause the allergy problem? (Hint: You might need to look at the website:

<http://www.chewonthis.org.uk/glossary.htm>)

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