Common Food Allergies

Word Bank
Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Treenuts, Wheat

Across
3 An ingredient found in most breads and breakfast cereals
6 A staple food along the coast (hint: think crab and shrimp)
7 A protein commonly eaten for breakfast

Down
1 An aquatic animal species
2 The type of nut used to create a popular nut butter
4 Includes almonds, cashews, and walnuts
5 Goes great with freshly baked cookies
6 A popular plant based protein

Answers on back
Word Bank
Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Treenuts, Wheat

Across
3 An ingredient found in most breads and breakfast cereals
6 A staple food along the coast (hint: think crab and shrimp)
7 A protein commonly eaten for breakfast

Down
1 An aquatic animal species
2 The type of nut used to create a popular nut butter
4 Includes almonds, cashews, and walnuts
5 Goes great with freshly baked cookies
6 A popular plant based protein