



Couscous salad – looking at allergens

My Recipes

In this worksheet, you will put the recipe into The Nutrition Program to look at the allergens it might contain.

These are the allergens that are listed on food labels.

Some people have to be careful of foods which can make them unwell.

Allergens

- Wheat
- Gluten
- Eggs
- Fish
- Peanuts
- Soya
- Milk
- Nuts
- Mustard
- Sesame seeds
- Shellfish



Couscous salad

Serves 4

Ingredients

200g cooked couscous
½ green pepper, seeded and finely chopped (50g)
1 red skinned eating apple, cored and chopped (50g)
1 ½ tbs peanuts (50g)
1 tbs raisins (25g)
salt and freshly ground pepper
1 tbs olive oil,
2 tsp lemon juice or cider vinegar

Method

Place all the ingredients in a large bowl and toss well together.

Use the Nutrition Program

Looking at allergens

Put the recipe into the Nutrition Program.

Look at Nutrition Info and at the bottom of the screen you will see allergens.

For couscous salad it shows wheat and gluten, and peanuts as the allergens.



Couscous salad – looking at allergens

To do

Change the Couscous salad recipe to remove the allergens. Your aim is to have an allergen free recipe.

To replace the wheat and gluten allergens replace the ingredient which is made from wheat. In this case it will be couscous. Replace the peanuts too.

Try out some other ingredients to make a different salad and see what allergens are listed instead.

Write out your new recipe and make it to see how tasty it is.

My salad recipe

Extension work

Find the recipes for the following dishes and put them into The Nutrition Program. Complete the chart below to show the allergens, if any.

- Cheese and tomato pizza
- Fish cakes
- Chicken korma
- Dhal
- Fresh fruit salad
- Milk smoothie

You can find recipes on the internet.

Recipe	Allergens
Cheese and tomato pizza	
Fish cakes	
Chicken korma	
Dhal	
Fresh fruit salad	
Milk smoothie	