



Allergens

Some people have to avoid allergens in food as they make them ill.

These are the allergens listed on the Nutrition Program

*Egg, fish, gluten, milk,
mustard, nuts, oats,
peanuts, sesame,
sheep milk, shell fish,
soya, wheat.*

Task

Enter the recipes in the chart below into the Nutrition Program in My Recipes. Find the ingredients on the internet. On the chart, list the allergens found in each recipe.

Task 1 Complete **one** of the recipes.

Task 2 Complete **3** of the recipes

Task 3 Complete **all** of the recipes

Recipe	Allergens
Sausage rolls	
Tomato and cheese pizza	
Cheese scones	
Fish cakes	
Victoria sandwich	
Chapattis	
Sweet and sour chicken with rice	