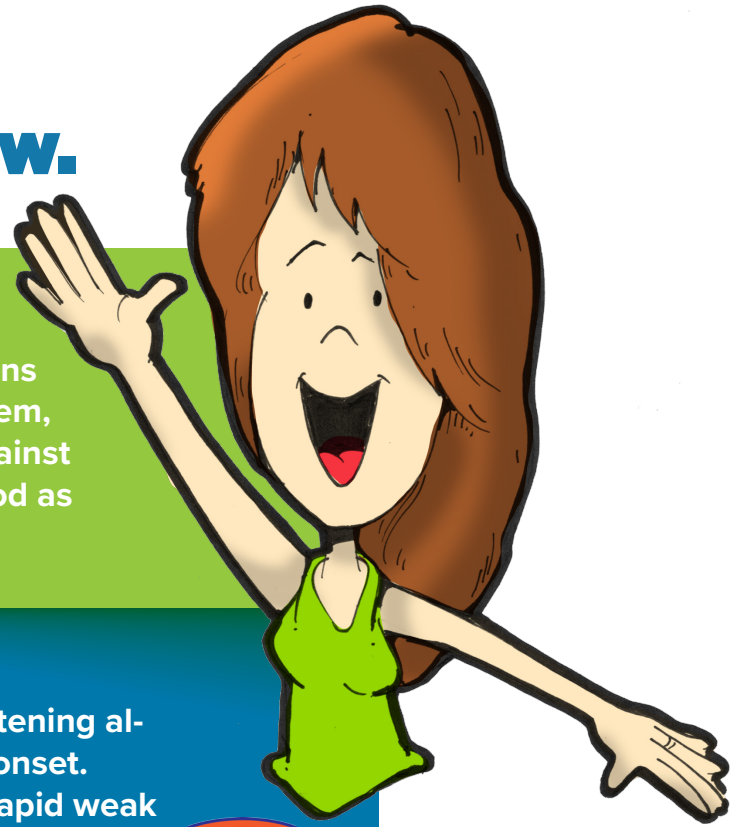


# 5 definitions teachers should know.



## VOCAB 01

### What is a food allergy?

A food-allergic reaction happens when our body's immune system, which normally defends us against disease, mistakes a certain food as an invader and attacks it.

## VOCAB 02

### What is anaphylaxis?

A severe, potentially life-threatening allergic reaction that is rapid in onset. Signs and symptoms include rapid weak pulse, a skin rash, nausea and vomiting, and a feeling of impending doom.



## VOCAB 03

### What is epinephrine?

Medication administered to a person who is having an allergic reaction. It works by reversing the symptoms of anaphylaxis.



## VOCAB 04

### What is an action plan?

A document that can help educators know how to respond if a reaction occurs.



## VOCAB 05

### What is cross-contact?

When one food comes in contact with another food, each food then contains traces of the other. For example, cross-contact can happen when one knife touches multiple foods without washing it in between.



# Mrs. Can's Food Allergy 5

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