



SENSITIVITY, ALLERGY, MANAGEMENT TEST

Name _____ Date _____

| | S | A | M | | S | A | M |
|-------------------------|---|---|---|--------------|---|---|---|
| Alcoholic Drinks | | | | Fish | | | |
| Beer | | | | Eel | | | |
| Cognac | | | | Prawns | | | |
| Red Wine | | | | White Fish | | | |
| White Wine | | | | Flounder | | | |
| Ethanol | | | | Crayfish | | | |
| | | | | Trout | | | |
| Aromas | | | | Pike | | | |
| | | | | Lobster | | | |
| Baking Agents | | | | Cod fish | | | |
| Apple Pectin | | | | Carp | | | |
| Baking Powder | | | | Prawn | | | |
| Gelatin | | | | Salmon | | | |
| Yeast | | | | Mussel | | | |
| | | | | Sardine | | | |
| Egg | | | | Sole | | | |
| Yolk | | | | Tuna | | | |
| White | | | | Squid | | | |
| | | | | | | | |
| Condiments | | | | Meat | | | |
| Cenovis | | | | Chicken | | | |
| Ketchup | | | | Veal | | | |
| Maggi Spices | | | | Rabbit | | | |
| Fruit Vinegar | | | | Lamb | | | |
| Wine Vinegar | | | | Beef | | | |
| | | | | Pork | | | |
| Fats / Oils | | | | Turkey | | | |
| Butter | | | | | | | |
| Thistle Oil | | | | Fruit | | | |
| Peanut Oil | | | | Pineapple | | | |
| Deep Fry Oil | | | | Apple | | | |
| Margarine | | | | Apricot | | | |
| Olive Oil | | | | Banana | | | |
| Rapeseed Oil | | | | Pear | | | |
| Rice Oil | | | | Blackberry | | | |
| Soy Oil | | | | Strawberry | | | |
| Sunflower Oil | | | | Fig | | | |
| | | | | Raspberry | | | |

| | S | A | M | | S | A | M |
|-------------------------------|---|---|---|--------------------------|---|---|---|
| Fruit Cont² | | | | Flavour Enhancers | | | |
| Currant | | | | Glutamate | | | |
| Cherry | | | | Herbamare | | | |
| Mandarin Orange | | | | Pickling Agent | | | |
| Nectarine | | | | Trocomare | | | |
| Orange | | | | | | | |
| Grapefruit | | | | Grains | | | |
| Peach | | | | Buckwheat | | | |
| Plum | | | | Spelt | | | |
| Raisin | | | | Barley | | | |
| Grape | | | | Golden Millet | | | |
| Lemon | | | | Oats | | | |
| | | | | Oat bran | | | |
| Vegetables | | | | Kollath flakes | | | |
| Cauliflower | | | | Corn | | | |
| Beans | | | | Rice | | | |
| Broccoli | | | | Rice milk | | | |
| Endive | | | | Rye | | | |
| Fennel | | | | Wheat | | | |
| Pickle | | | | Wheat bran | | | |
| Potato | | | | Wheat flour – White | | | |
| Kohlrabi | | | | Whole Wheat Flour | | | |
| Head Lettuce | | | | | | | |
| Pumpkin | | | | Spices | | | |
| Leek | | | | Anise | | | |
| Melon | | | | Basil | | | |
| Carrot | | | | Savoy | | | |
| Chilli | | | | Cayenne Pepper | | | |
| Red radish | | | | Curry | | | |
| White radish | | | | Dill | | | |
| Brussel Sprouts | | | | Vervain | | | |
| Red Beet | | | | Tarragon | | | |
| Red Cabbage | | | | Fennel seed | | | |
| Celery | | | | Clove | | | |
| Tomato | | | | Ginger | | | |
| Savoy Cabbage | | | | Garlic | | | |
| Zucchini | | | | Coriander | | | |
| Onion | | | | Caraway | | | |
| | | | | Bay leaf | | | |

| | S | A | M | | S | A | M |
|--------------------|---|---|---|-----------------------|---|---|---|
| Spices Cont | | | | Cacao | | | |
| Marjoram | | | | Cacao Original | | | |
| Nutmeg | | | | | | | |
| Oregano | | | | Dairy Products | | | |
| Paprika | | | | Bifidus | | | |
| Parsley | | | | Buttermilk | | | |
| Pepper | | | | Canned Milk | | | |
| Rosemary | | | | Yoghurt | | | |
| Saffron | | | | Kefir | | | |
| Sage | | | | Milk | | | |
| Chive | | | | Cottage Cheese | | | |
| Mustard | | | | Cream | | | |
| Thyme | | | | Sour Milk | | | |
| Vanilla | | | | | | | |
| Juniper | | | | Nuts | | | |
| Cinnamon | | | | Peanuts | | | |
| Lemon Balm | | | | Hazelnuts | | | |
| | | | | Coconut | | | |
| Legumes | | | | Almond | | | |
| Peas Yellow | | | | Brazil Nut | | | |
| Peas Green | | | | Pecans | | | |
| Chick Pea | | | | Pistachios | | | |
| Lentils | | | | Walnuts | | | |
| Soy | | | | | | | |
| | | | | Seed Oils | | | |
| Isostar | | | | Pumpkin Seed | | | |
| | | | | Linseed | | | |
| Cheese | | | | Poppy Seed | | | |
| Camembert | | | | Sesame Seed | | | |
| Hard Cheese | | | | Sunflower Seeds | | | |
| Soft Cheese | | | | | | | |
| Sheep's Cheese | | | | Mushrooms | | | |
| | | | | Champignons | | | |
| Coffee | | | | Horn of Plenty | | | |
| Espresso | | | | Morels | | | |
| Hag | | | | Edible Boletas | | | |
| Caffeine | | | | | | | |
| Nescafe | | | | | | | |
| Instant | | | | | | | |

