Jasmine Is Allergic To Peanuts - Find The Most Common Foods Allergies

Find: a shellfish, walnut, peanut, peanut butter, eggs, milk, fish and wheat bagels
Color the picture when you are done

Jasmine has a peanut allergy. That means she can get very sick eating anything that has peanuts.

Here are her five rules to keep healthy and avoid getting sick from accidentally eating peanuts.

1. She washes her hands before and after eating.
2. She reads food labels to make sure the food does not have peanuts in it.
3. She never swaps lunches. She always eats her own lunch because she knows it was made without peanuts.
4. She tells her friends about it just in case she gets sick, they will call for help right away.
5. She knows food allergies are serious and she asks her friends if they have allergies so she can help them stay away from that food!

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