

Cheap Nursing CEUs

Food Allergies

1. A 22-year-old male patient has questions regarding his peanut allergy. Which of the following educational points should be expressed to the patient?

- A. A peanut allergy is typically not lifelong.
 - B. Individuals typically outgrow their peanut allergy by the age of 30.
 - C. Individuals with a peanut allergy should avoid all tree nuts because a peanut is a tree nut.
 - D. A peanut allergy does not mean an individual will have a greater chance of being allergic to another legumes.
-

2. Which of the following best represents a symptom of an allergic reaction to food?

- A. Abdominal cramps
 - B. Polydipsia
 - C. Polyuria
 - D. Excessive increase in blood pressure
-

3. A health care professional has questions regarding anaphylaxis. Which of the following informational points of interest should be communicated to the health care professional?

- A. Typically, anaphylaxis only lasts about 10 - 25 seconds.
 - B. Anaphylaxis only occurs as a single reaction.
 - C. Oral antihistamines can treat and stop anaphylaxis.
 - D. Oral antihistamines cannot treat or stop anaphylaxis.
-

4. According to the FDA, which of the following best represents a major food allergen?

- A. Red meat
 - B. Poultry
 - C. Fish
 - D. Starches
-

5. Which of the following statements best defines the term "cross-contact?"

- A. Cross-contact may refer to a food allergy incident that occurs when one food comes into contact with another food and their proteins mix.
- B. Cross-contact may refer to a food allergy incident that occurs when one food comes into contact with another food and their proteins do not mix.
- C. Cross-contact may refer to the physical movement or transfer of bacteria or other infectious agents from one piece of food to another piece of food.

D. Cross-contact may refer to the physical movement or transfer of bacteria or other infectious agents from person to person via food.

6. Which of the following best represents a symptom of EoE?

- A. Heartburn
 - B. Hyperphagia
 - C. Increase in blood pressure
 - D. Drop in blood pressure
-

7. A health care professional has questions regarding a milk allergy. Which of the following informational points of interest should be communicated to the health care professional?

- A. Products with man-made casein or whey ingredients are safe for individuals with a milk allergy.
 - B. Products with man-made casein or whey ingredients are not safe for individuals with a milk allergy because they still contain milk protein.
 - C. For kosher dairy products with a “D” or the word “dairy” following the circled K or U on a product label means the product is safe for individuals with a milk allergy.
 - D. For kosher dairy products with a “D” or the word “dairy” following the circled K or U on a product label means the product is safe for individuals with a milk allergy over the age of 18.
-

8. A 28-year-old patient receives epinephrine to treat an allergic reaction to food in a health care facility. How long should health care professionals monitor the patient after the administration of epinephrine?

- A. 10 - 30 seconds
 - B. 60 - 120 seconds
 - C. Two hours
 - D. Four to six hours, or longer
-

9. A health care professional has questions regarding Palforzia. Which of the following informational points of interest should be communicated to the health care professional?

- A. Palforzia is approved for use in patients with a confirmed diagnosis of peanut allergy.
 - B. Palforzia is approved for use in patients with a confirmed diagnosis of peanut allergy and tree nut allergy.
 - C. Initial dose escalation may be administered to patients aged 2 through 18 years.
 - D. Initial dose escalation may be administered to patients aged 2 through 24 years.
-

10. Which of the following statements regarding a wheat allergy is most accurate?

- A. Individuals with a wheat allergy must avoid buckwheat.
- B. Only male individuals with a wheat allergy must avoid buckwheat.
- C. Only female individuals with a wheat allergy must avoid buckwheat.

D. Buckwheat is not related to wheat and is considered safe to eat.

Copyright © 2026 Cheap Nursing CEUs

Visit us at <https://www.cheapnursingceus.com>