

Pseudo allergy

Name _____

1. Put words that fit the following blanks.

Regular type I allergy occurs when chemical substances such as histamine etc. Created by the reaction of the body's immune system causes allergic symptoms. On the other hand, the symptoms caused by direct ingestion of chemical substances but not working of the immune system are called Pseudo allergy. And, chemical substances that cause the symptoms directly are called pseudo allergens.

2. There is a table of chemical substances causing pseudo allergy and main ingredients including them. Pick a suitable word from the bottom frame of the table in the blank space of the table, and complete the table.

Name of pseudo allergy	Main foodstuffs contain pseudo allergens
Histamine	salmon, <u>Mackerel</u> , spinach, <u>Tomato</u> , <u>Fermented Food</u>
<u>Inoline</u>	salmon, saury, cod
<u>Trimethylamine oxide</u>	<u>squid</u> , octopus, clam, <u>curry</u>
<u>Acetylcholine</u>	<u>yam</u> , <u>soba</u> , peanut, shoots

Trimethylamine oxide, inoline, acetylcholine
 Yam, mackerel, clam, tomato, buckwheat, fermented food

3. There are four sentences written about pseudo allergy. Choose the correct one and answer with the symbol

(A) Pseudo allergen does not include inolin.

(B) Chemical substances causing type I allergy and pseudo allergy are the same.

(C) All false allergens disappear by heating or cooking.

(D) Regardless of the constitution, all people develop pseudo allergy all by ingestion of pseudo allergens.

B