

Assessment 8

Total Marks 30

Q.1. Short Questions: (30)

All Questions carry equal marks:

- i. What is a food allergy?
- ii. What is the difference between a food allergy and food intolerance?
- iii. Name three symptoms of a food allergy.
- iv. Name any three symptoms of food intolerance.
- v. What is meant by the term 'allergic march'?
- vi. What is food in toxicity?
- vii. There are some foods that cause problems more often than others. List at least six of these foods.
- viii. How does our immune system protect us?
- ix. What is lymph system? What is its function in our body?
- x. How are food intolerances diagnosed?