



Anyone Can Be Detective Spot! It's Easy As 1,2,3!

1. Pick a suspect to seek out, 1 of the top 8 allergens listed below.
2. Start your investigation by trying to spot the allergen in products.
3. File your report by listing the products where you found the allergen.

The Suspects: Top 8 allergens

1. Peanut
2. Tree nut (almond, beechnut, brazil nut, butternut, cashew, chestnut, filbert, ginkgo, hazelnut, hickory, lichee nut, macadamia, nangai, pecan, pistachio, shea, walnut)
3. Egg
4. Dairy (milk, yogurt, butter)
5. Soy (soybean, edemame, soybean oil)
6. Wheat
7. Shellfish
8. Fish

Start Your Investigation

- Ask a grown up to be your Chief of Police to help with your investigation. You will file your report with your Chief of Police! The Chief of Police can be your parents, grandparents, babysitter or teacher.
- Read the ingredients list on products to find the allergen.
- Read product labels for cross contamination warnings like, "Processed in a facility with..." or "May contain....".
- Remember, food allergens can hide in non-food products. These suspects are so sneaky! Look on shampoo bottles, soaps packages and even medication!
- If you are doing your investigative work in your class, remember not to bring in food products. Look for the suspect in your classroom or take this printout home then return it to your class at the end of the week for an informative discussion and "badge ceremony"!

DETECTIVE

Spot D. Allergen™

A fun way to be
Food Allergy Aware!



Suspect Location List

List the products where you found the suspect/allergen (use the back of the page if needed)

Food Products	Non-Food Products

Where were the most sneaky places you found the suspect (allergen)?	

DETECTIVE

Spot D. Allergen™

A fun way to be
Food Allergy Aware!



Have a discussion with your parents, grandparents, teacher or whomever is your Chief of Police, and share your findings.

Congratulations! You are now an Official Spot D. Allergen Detective! For your badge ceremony, cut out the badge below and attach it to your shirt. Wear it proudly to show everyone your great detective work! Thank you for being Food Allergy Aware!

