



Child's Food Challenge Information Sheet



If we think you may have a food allergy we will invite you for a **food challenge** at the hospital in Southampton. You will come into our research unit on two different days. On each day we will ask you to eat a special food in eight portions. Each portion is bigger than the last. The first and smallest portion will be very small (smaller than teaspoon size) and the biggest portion will be about the size of a small yogurt.

On one of the days the portions will have the food we think you may have a problem with hidden in it but on the other day it will not have anything hidden in it. You will not be able to taste the hidden food so you will not know on which day you are eating it. We do this to help us properly test if you do react to the food or not.



Figure 1: The "Big Eight" Allergens: Tree Nuts, Peanuts, Soy, Egg, Milk, Fish, Wheat and Shellfish.

If you decide you do not want to do this part of the study, its perfectly fine and you do not have to give a reason.