

1. Skim the text. What is the text mainly about?

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2. Re-read the text. Complete the sentences with the information from the box.

- a) According to the text, allergens can be found in the and
- b) Compared to the past, people suffer from allergies.
- c) According to text, eating dairy products can give some people a
- d) According to the text, there are possible reasons for the spread of allergies.
- e) People's immune systems were stronger in the
- f) According to the text, one common allergens is



3. Complete a graph to show the increase the food allergy.

