

Translated Chef Card Template

for people with allergy

How to use your chef card:

As well as telling staff about your allergy, and asking questions about the ingredients and the way the meal is prepared, carry a 'chef card' that lists your food allergen/s.

Give the card to wait staff or chef so your meal can be made without your food allergen/s. The chef card should come back to you with your meal.

English

Simplified Chinese

To the Chef:

I have severe food allergy.

To avoid a life-threatening allergic reaction, I must avoid foods that have touched or contain



致主厨:

我有严重的食物过敏症。

为避免出现危及生命的过敏反应, 我必须避免食用曾接触过或含有以下成分的食物:



For more information about food allergies contact
Allergy & Anaphylaxis Australia on 1300 728 000 or allergyfacts.org.au
For free food service e-training go to: foodallergytraining.org.au

THANK YOU

Before making my meal, please wash food preparation equipment and surfaces with hot soapy water. This includes:

- Chopping boards
- Mixing bowls
- Utensils
- Surfaces
- Knives & tongs
- Pots & pans

如需了解更多有关食物过敏的信息, 请致电 Allergy & Anaphylaxis Australia
(电话: 1300 728 000) 或访问其网站: allergyfacts.org.au。如需免费餐饮服务在线培训,
请访问网站: foodallergytraining.org.au

谢谢

在准备我的餐食之前, 请用热肥皂水清洗制作食品所用的设备和操作台面。这包括:

- 切菜板
- 搅拌碗
- 餐具
- 台面
- 锅具与平底锅
- 刀具与夹子



**Allergy & Anaphylaxis
Australia**
Your trusted charity for allergy support

Translations

Allergen - English
Peanut
Tree nuts
Egg
Milk (dairy) including cheese, butter, cream, ice cream, ghee, yoghurt
Shellfish including shrimp, crab
Fish
Soy
Wheat
Sesame
Lupin

过敏原 - Simplified Chinese
花生
各类坚果
鸡蛋
牛奶（乳制品，包括奶酪、黄油、奶油、冰淇淋、酥油、酸奶）
贝壳类海鲜，包括虾、蟹
鱼类
大豆
小麦
芝麻
羽扇豆

Tree nuts - English
Almond
Brazil nut
Cashew
Hazelnut
Macadamia
Pecan
Pine nut
Pistachio
Walnut

各类坚果 - Simplified Chinese
杏仁
巴西坚果
腰果
榛子
澳洲坚果（夏威夷果）
碧根果
松子
开心果
核桃

