

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

Tagalog

To the Chef:

I have severe food allergy.

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



Para sa Kusinero:

Mayroon akong matinding allergy sa pagkain.

Para maiwasan ang allergic reaction na magbabanta sa buhay, dapat kong iwasan ang mga pagkaing nadampian o nagtataglay ng



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

Para sa karagdagang impormasyon tungkol sa mga allergy sa pagkain, kontakin ang Allergy & Anaphylaxis Australia sa 1300 728 000 o allergyfacts.org.au. Para sa libreng food service e-training, pumunta sa 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
- Knives & tongs
- Pots & pans
- Surfaces

SALAMAT

Bago gawin ang aking pagkain, paki-hugasan and mga kagamitan sa paghahanda ng pagkain at ang ibabaw ng paglulutuan gamit ang tubig na mainit na may sabon. Kabilang dito ang:

- Mga Sangkalan
- Mga Kutsilyo at Sipit
- Mga Kaldero at Kawali
- Mga Ibabaw ng mga Bagay



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

Allergen - Tagalog
Mani
Mga nuwes na galing sa mga puno
Itlog
Gatas (dairy) kabilang ang keso, mantikilya, krema, sorbetes, ghee, yoghurt
Mga shellfish kabilang ang hipon at alimango
Isda
Toyo o Balatong
Trigo
Sesame
Lupin

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

Mga nuwes na galing sa mga puno - Tagalog
Almond
Brazil nut
Kasoy
Hazelnut
Macadamia
Pecan
Pine nut
Pistachio
Walnut

