

# 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

### Indonesian

#### To the Chef:

I have severe food allergy.

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



#### Kepada Juru Masak:

Saya punya alergi makanan yang parah.

Untuk menghindari reaksi alergi yang mengancam nyawa, saya harus menghindari makanan yang bersentuhan dengan atau mengandung



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

Untuk informasi selengkapnya tentang alergi makanan, hubungi Allergy & Anaphylaxis Australia di 1300 728 000 atau [allergyfacts.org.au](http://allergyfacts.org.au). Untuk pelatihan online gratis tentang menghindari makanan, kunjungi: [foodallergytraining.org.au](http://foodallergytraining.org.au)

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

THANK YOU

Sebelum membuat makanan saya, harap cuci peralatan dan dengan air hangat bersabun. Ini mencakup:

- Talenan
- Alat Memasak
- Panci & Wajan
- Mangkuk Pencampur
- Pisau & Capit
- Perukaaan yang Bersentuhan

TERIMA KASIH

# 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

Alergen - Indonesian
Kacang tanah
Kacang pohon
Telur
Susu (produk susu) termasuk keju, mentega, krim, es krim, ghee, yoghurt
Kerang-kerangan termasuk udang, kepiting
Ikan
Kacang kedelai
Gandum
Wijen
Lupin

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

Kacang pohon - Indonesian
Kacang Almond
Kacang Brasil
Kacang Mede
Kacang Hazelnut
Kacang Macadamia
Kacang Pecan
Kacang Pinus
Kacang Pistachio
Kacang Walnut