

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

Malay

To the Chef:

I have severe food allergy.

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



Untuk Chef:

Saya ada alahan teruk kepada makanan.

Untuk mengelakkan dari tindak balas alahan yang mengancam nyawa, saya mesti elakkan makanan yang telah menyentuh atau mengandungi:



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
- Knives & tongs
- Pots & pans
- Surfaces

Untuk maklumat lanjut tentang alahan makanan sila hubungi Allergy & Anaphylaxis Australia di 1300 728 000 atau allergyfacts.org.au.
Untuk latihan perkhidmatan makanan yang percuma sila lawati: foodallergytraining.org.au

TERIMA KASIH

Sebelum memasak, sila cuci semua perkakas dan permukaan dengan air panas bersabun. Ini termasuk:

- Papan potong
- Peralatan sudu dan garfu
- Pisau & Penyepit
- Mangkuk Adunan
- Permukaan
- Periuk & Kuaji



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

Bahan alahan - Malay
Kacang tanah
Kacang pokok
Telur
Susu (tenusu) termasuk keju, mentega, krim, aiskrim, minyak sapi, dadih
Makanan laut termasuk udang, ketam
Ikan
Soya
Gandum
Bijan
Lupin

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

Kacang pokok - Malay
Badam
Kacang brazil
Gajus
Kacang hazel
Kacang macadamia
Kacang pecan
Kacang pine
Kacang pistachio
Kacang walnut

