

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

Portuguese

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 o chefe de cozinha:

Tenho alergia alimentar grave.

Para evitar uma reação alérgica grave e potencialmente fatal, preciso evitar alimentos que contenham ou tenham entrado em contato com:



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 mais informações sobre alergias alimentares, entre em contato com a Allergy & Anaphylaxis Australia em 1300 728 000 ou allergyfacts.org.au. Para treinamento online gratuito no contexto de serviços de alimentação, acesse 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

Antes de preparar minha refeição, peço que lave os utensílios e superfícies com água quente e sabão, por favor. Isto inclui:

- Tábuas de corte
- Tigelas
- Utensílios
- Facas e pegadores
- Panelas e frigideiras
- Superfícies

OBRIGADO



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

Alérgeno - Portuguese
Amendoim
Oleaginosas
Ovo
Leite (laticínios), incluindo queijo, manteiga, creme de leite, sorvete, ghee, iogurte
Mariscos, incluindo camarão, caranguejo
Peixe
Soja
Trigo
Gergelim
Tremoço

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

Oleaginosas - Portuguese
Amêndoa
Castanha-do-pará
Castanha de caju
Avelã
Macadâmia
Noz-pecã
Pinoli
Pistache
Noz

