**Food Allergies**

**EC/H.Eco-FN-404**

**Checklist of Course Content**

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| **Course Content** | **Sources of Course Material** |
| 1. Immune system
 | <https://www.youtube.com/watch?v=PzunOgYHeyg> |
| 1. Historical progress in Immunology
 | <https://www.slideshare.net/doctorrao/immunology-overview><http://www.columbia.edu/itc/hs/medical/pathophys/immunology/readings/ConciseHistoryImmunology.pdf> |
| 1. Immunity, Innate and Adaptive
 | <https://www.slideshare.net/DeepakKumarGupta2/immunity-51778381?next_slideshow=1><https://link.springer.com/chapter/10.1007/978-1-84800-165-7_2> |
| 1. Immune cells
 | <https://www.youtube.com/watch?v=NMOHWry8EDc> |
| 1. Immunization and Vaccines
 | <https://immunize.ca/what-immunization><https://www.verywellhealth.com/the-difference-between-immunization-and-vaccination-4140251> |
| 1. Immunization Principles and Types
 | <https://www.quantumunitsed.com/get-material.php?id=537> |
| 1. Symptoms, diagnosis and prevention of Allergy, Etiology
 | <https://www.mayoclinic.org/diseases-conditions/food-allergy/symptoms-causes/syc-20355095> |
| 1. Food allergens and their types
 | <https://www.food.gov.uk/sites/default/files/media/document/top-allergy-types.pdf><https://www.healthline.com/nutrition/common-food-allergies#section4> |
| 1. Foods that improve immunity
 | <https://www.goodhousekeeping.com/health/diet-nutrition/a26040273/immune-boosting-foods/><https://www.verywellhealth.com/types-of-foods-to-boost-your-immune-system-89020> |
| 1. Nutrients and immune system
 | <https://lpi.oregonstate.edu/sites/lpi.oregonstate.edu/files/lpi-immunity-infographic_0.pdf> |
| 1. Food intolerance
 | <https://biomedres.us/pdfs/BJSTR.MS.ID.000190.pdf><http://www.montana.edu/culinaryservices/food_safety/documents/FOOD%20ALLERGEN%20TRAINING%20TOOTS.pdf> |