

Name: _____

WHAT'S GLUTEN FREE?

Having coeliac disease means you cannot eat certain foods which have gluten in them. Gluten is found in wheat, barley and rye. These ingredients can be in lots of different foods.

Can you work out which of these foods are gluten free, which are not gluten free and foods you need to check if they are gluten free?

1. Using scissors, cut the different foods out. Ask a grown up if you need help.
2. Put each food into one of the groups - gluten free, not gluten free and need to check.
3. Check your answers and discuss with your friends! Did any foods surprise you?

 			
<p>Burgers</p>	<p>Bread</p>	<p>Fruit & vegetables</p>	<p>Sausages</p>
			
<p>Cheese</p>	<p>Fresh meat</p>	<p>Vinegar</p>	<p>Gluten free pizza</p>
			
<p>Ice cream cones</p>	<p>Eggs</p>	<p>Wheat flour</p>	<p>Soy sauce</p>
			
 <p>Breakfast cereals</p>	<p>Chocolate & sweets</p>	<p>Milk</p>	<p>Chips</p>



Gluten free



Need to check



Not gluten free

But you can get lots of yummy gluten free versions of all these foods!

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ANSWER SHEET – NO PEAKING!

Gluten free	Need to check	Not gluten free
Cheese	Chocolate & sweets	Wheat flour
Eggs	Sausages	Bread
Milk	Burgers	Soy sauce
Gluten free pizza	Breakfast cereals	Ice cream cones
Vinegar	Chips	
Fresh meat		
Fruit & vegetables		

Why do you need to check some foods to see if they are gluten free?

Chocolate & sweets – some chocolate and sweets may have wheat (like biscuits) or barley in which are not suitable for people with coeliac disease.

Burgers – they may add wheat flour or breadcrumbs to burgers so you would need to check these are gluten free.

Sausages – gluten is often in sausages when rusk is added so you need to check these are gluten free.

Hot chocolate – always check drinking chocolate or milkshake powder to make sure there is no gluten in it.

Breakfast cereals – some cereals may have rye, wheat, oats or barley in them.

Fruit squash – some fruit squash is made with barley and if so, you can't have it.

Crisps – not all crisps are gluten free. The flavourings sometimes contain gluten.

Gravy – some gravy granules or stock cubes have gluten in.

Ketchup – most tomato sauces are gluten free but sometimes gluten is added.

Chips – chips may be cooked in the same fryer as food which contains gluten, such as battered fish or chicken nuggets. Sometimes chips are coated in something that has gluten in to make them crispier.

Why do some foods says 'may contain gluten' on them?

When some foods are made in a factory, there may be a chance it could accidentally get some gluten in. It is best to stay clear of these foods if you have coeliac disease.