

Name: _____

WHAT AM I?

There are lots of foods which are gluten free. Match up the description with the gluten free food. Then put a smiley next to your favourite foods!

Put me on your pizza, on toast, in a sandwich or on a potato.

I am a fruit, my seeds are on the outside. I might be your favourite flavour of ice cream too.

I am white. Put me on your cereal or use me to make custard.

I swim in the sea but when you buy me I am usually in a tin. Put me in your sandwich, on your potato or pizza.

I am small and white. You might eat me with a curry or cook me in a pudding.

I can be cooked in lots of different ways. I am also a very useful ingredient in cooking and baking. Be careful not to drop me as I break very easily!

I am long and thin. My inside is a different colour to my outside. I am always cold when you eat me. Enjoy me in a salad or a sandwich.

We are small and joined together. We can be red, green or black.

I grow in the dark. You can cook me in lots of different ways. You might like me best when I am in my jacket.

I come in lots of different flavours. You might enjoy me as a treat, or at a party with ice cream.

Egg



Cucumber



Potato



Strawberry



Jelly



Milk



Rice



Tuna



Grapes



Cheese

