

Find the gluten

Gluten is a protein found in grain foods like breads and cereals. It helps foods keep their shape and texture, for example, the elastic texture of dough.

1 Select or circle the foods that usually contain gluten.

Hint: gluten is found in wheat, rye, barley and oats.



Potatoes



Plain yoghurt



Bread



Red lentils



Chinese egg noodles



Kimchi



Pasta



Sweet corn



Beef mince



Vegetable oil



Pizza dough



Oats



Rice



Rye bread



Kidney beans



Barley