

FAMILY AND CONSUMER SCIENCES

# Gluten Free Eating – Educator Checklist

**Shannon Carter**, Extension Educator, Ohio State University Extension, Fairfield County  
Family and Consumer Sciences, *carter.413@osu.edu*, 740-652-7270

## Single Lesson: Gluten Free Eating

### Handouts for this lesson:

- Gluten Free Eating: Important Considerations from OSU Extension  
<http://ohioline.osu.edu/factsheet/hyg-5589>
- US FDA Gluten and Food Labeling  
<https://www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/UCM445233.pdf>
- Gluten-Free Baking from Colorado State University Extension  
<http://extension.colostate.edu/docs/pubs/foodnut/09376.pdf>
- Resources for Gluten Free Eating by OSU Extension
- Recipes

### Optional handouts:

- Gluten-Free Diet: Imprudent Dietary Advice for the General Population?

### Supplies for this lesson:

Food demonstration and tasting supplies and equipment

Recipe suggestion:

Quinoa Mediterranean Salad from USDA What's Cooking

<https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/mediterranean-quinoa-salad>

Gluten free baguette with gluten free pesto

If using par-baked bread such as Schar brand, take toaster oven to finish baking before serving



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES