

Gluten Free Eating – Educator Checklist

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Lesson 1: Gluten Free Eating: An Introduction

Handouts for this lesson:

- The Gluten-Free Diet: What You Need to Know
[https://www.beyondceliac.org/SiteData/docs/TheGlutenF/4c2451212e0f7443/The%20Gluten-Free%20Diet%20\(1\).pdf](https://www.beyondceliac.org/SiteData/docs/TheGlutenF/4c2451212e0f7443/The%20Gluten-Free%20Diet%20(1).pdf)
- Gluten Free Eating: Important Considerations from OSU Extension
<http://ohioline.osu.edu/factsheet/hyg-5589>
- Resources for Gluten Free Eating by OSU Extension
- Recipes

Optional handouts:

- Questions & Answers: Arsenic in Rice and Rice Products from FDA
<https://www.fda.gov/Food/FoodbornellnessContaminants/Metals/ucm280202.htm#FAQs>
- 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



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