

FAMILY AND CONSUMER SCIENCES

Gluten Free Eating–Educator Checklist

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Lesson 2: Gluten Free Eating: Shopping and Eating Out

Handouts for this lesson:

- Gluten Free Diet: What You Need to Know from Beyond Celiac (refer to this, distributed in the 1st lesson)
- Go Gluten Free by Shelley Case, R.D.
- Gluten-Free Menu Planning: Budget-Friendly Tips from BeyondCeliac.org beyondceliac.org/SiteData/docs/GlutenFree/21acb510245e3d32/Gluten-Free%20on%20a%20Budget_2015%20Revised.pdf
- US FDA Gluten and Food Labeling fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/UCM445233.pdf
- Gluten Free Menu Activity Worksheet
- Dining Tips from Beyond Celiac [beyondceliac.org/SiteData/docs/Dining-Tips/45a1646ed90f511d/DiningTipsFinal\(8.5x11\).pdf](http://beyondceliac.org/SiteData/docs/Dining-Tips/45a1646ed90f511d/DiningTipsFinal(8.5x11).pdf)
- Recipes

Optional Handouts:

- 5 Day Meal Planning worksheet spendsmart.extension.iastate.edu/plan/menu-planning
- Gluten Free Diet Guide for Families gikids.org/files/documents/resources/Gluten-FreeDietGuideWeb.pdf

Supplies for this lesson:

Various food labels with ingredient lists... both gluten free and gluten containing. Restaurant menus with gluten free options

Optional Activities:

Food label reading

Gluten Free Menu Activity Worksheet and Answer Sheet Restaurant Menu activity

Supplies for this lesson:

Food demonstration and tasting supplies and equipment Recipe suggestion:

Cereal Treats celiac.org/blog/recipe/dark-chocolate-almond-bars

Italian Pasta Salad (made with gluten free pasta)

whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/italian-pasta-salad



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