



What's the Big Deal with Gluten?

Answer the following while you view the video.

1. What is Gluten?

2. Where can you find gluten?

3. What is the function of gluten?

4. Identify and briefly explain the health issues gluten can cause?

5. What is futane?

6. Describe the "nocebo effect".

7. True or False: Wheat intolerance is a better name for non-celiac gluten sensitivity.

8. Your best friend is gluten free and you want to go out for lunch. Describe a meal you could order to avoid the symptoms caused by eating gluten.