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