

**The Gluten Detectives have a few mysteries for CELIACS to solve.**

**TRUE OR FALSE**

- 1. If something is wheat-free that means it is always gluten-free.**
- 2. If you are not sure if something is gluten-free, you should try it to see.**
- 3. When you make a mistake and eat gluten, you should panic.**
- 4. The I Can't Eat "THAT" Club is for kids who can eat anything they want.**
- 5. People with Celiac Disease need to stay on a gluten-free diet for LIFE.**
- 6. All gluten-free food tastes bad.**
- 7. Fruits and vegetables contain gluten.**
- 8. If your not careful you can give Celiac Disease to your friend.**
- 9. People with Celiac Disease should not attend their friend's birthday parties.**
- 10. Restaurants will not help Celiacs find safe choices.**

**Answers are below!**

**How did you do?**

**(The answers are: 1-4(False), 5-(True), 6-10(False))**

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