



Gluten-Free Nutrition Word Scramble

Good nutrition can help you stay strong and healthy. If you have celiac disease or gluten intolerance, it's very important to eat the right foods your body needs.

Here's a fun activity to do with your family and friends. Unscramble the words below. (Hint: They all have to do with *your* nutrition and dietary needs!)

For more information about celiac disease and the gluten-free diet, visit www.CeliacCentral.org.

1. **esbteaevg** _____

2. **rifsut** _____

3. **fturngeee** _____

4. **tvisamni** _____

5. **eirbf** _____

6. **enopirt** _____

7. **amcliuc** _____

8. **ionr** _____

For answer key and additional Activities for Awareness, visit www.CeliacCentral.org/games