



S	A	G	G	G	G	G	G	H	T
Z	G	H	J	K	L	B	W	G	P
G	F	R	V	Q	P	E	L	U	G
G	T	M	G	E	I	G	J	C	G
G	Z	V	D	S	A	O	P	U	G
G	N	B	J	U	N	F	K	R	G
G	W	K	G	Y	N	G	B	V	G
G	C	D	I	G	G	P	Y	W	G
R	G	Y	O	M	S	Q	A	G	I
V	N	G	G	G	G	G	G	K	M

Gluten is a substance that is found in most breads and cereals and many people eat it every day. But for some people, eating gluten can make them sick and that's no fun!

Color in all the squares that contain a "G" for gluten to reveal the mystery picture.