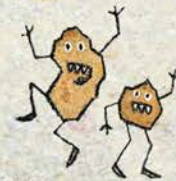


# Violet and the Crumbs

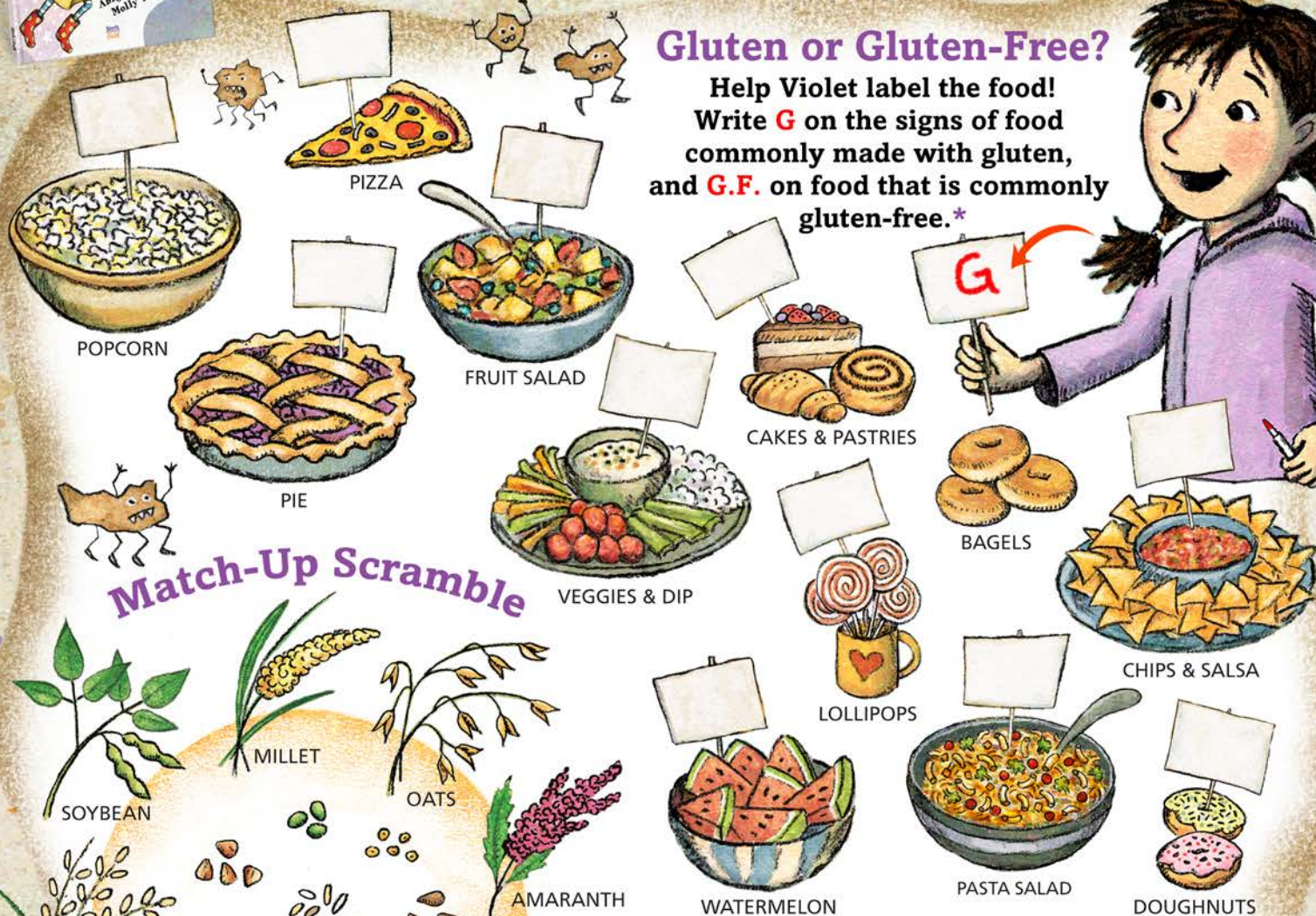
## A Gluten-Free Adventure

Written by Abigail Rayner  
& Illustrated by Molly Ruttan

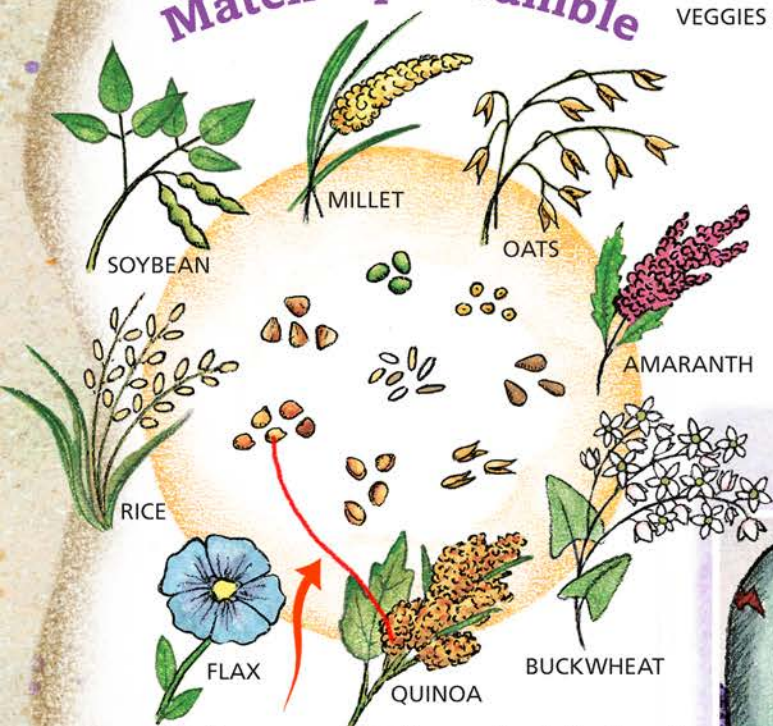


### Gluten or Gluten-Free?

Help Violet label the food!  
Write **G** on the signs of food commonly made with gluten, and **G.F.** on food that is commonly gluten-free.\*



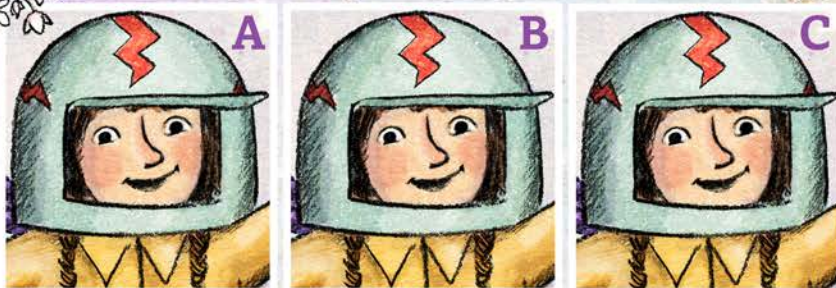
### Match-Up Scramble



Consult the pages at the end of the book to discover which gluten-free seeds or grains go with each plant. Then draw a line to connect them!

### Which one is different?

Circle your best guess!



\*Clues for what food is commonly made with gluten and what food is commonly gluten-free can be found in the pages at the front of the book, and the page showing the food at Violet's gluten-free birthday party.

North  
South

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