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## FOOD MATTERS

# Gluten-Free and Other Special Diets

### **Tell the Tale**

Chapter Two of this book discusses the Paleo diet. Write 200 words that tell the story about a child in Paleolithic times. Describe the sights and sounds. What are the child and his or her family hunting for? How do they find food? Is hunting and gathering fun? Is the food tasty?



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### **Surprise Me**

Chapter Five discusses fad diets and why they are so popular. After reading this book, what two or three facts about diets and fad diets did you find most surprising? Write a few sentences about each fact. Why did you find them surprising?



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### **Dig Deeper**

After reading this book, what questions do you still have about special diets? Do you want to learn more about reading food labels? Write down one or two questions that can guide you in doing research. With an adult's help, find a few reliable sources about this topic that can help answer your questions. Write a few sentences about how you did your research and what you learned from it.



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### **Another View**

This book had a lot of information about special diets, including diets that can be controversial. As you know, every source is different. Choose one diet. Then ask a librarian or another adult to help you find another source about that diet. Write a short essay comparing and contrasting the new source's point of view with that of this book's author. What is the point of view of each author? How are they similar and why? How are they different and why?



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