



# Gluten-free Grain Alternatives in FOSS

Students with gluten allergies are sensitive to wheat and wheat products. While we instruct students to never consume any materials in FOSS without direction from their teachers, be sure students with allergies have consulted a medical professional before handling potential allergens. Wheat seeds are used in the following FOSS NG modules/courses:

- **Plants and Animals**
  - Investigation 1, Part 3 “Wheat”
  - Investigation 3, Part 2 “Terrariums”
- **Living Systems**
  - Investigation 2, Part 2 “Plant Nutrition”
  - Investigation 3, Part 1 “Plant Vascular Systems”
- **Diversity of Life**
  - Investigation 6, Part 2 “Environmental and Genetic Factors”
- **Populations and Ecosystems**
  - Investigation 4, Part 1 “The Physical Environment”
  - Investigation 4, Part 2 “Introducing Life”
  - Investigation 5, Part 1 “Growing Producers”

If you have student(s) with gluten allergies, consider using these alternatives in place of wheat seeds. For processed foods, make sure the packaging is labeled “gluten-free” (some grains, like oats, can contain wheat gluten due to the manufacturing process).

- **Oats**
- **Millet**
- **Sorghum**
- **Buckwheat**

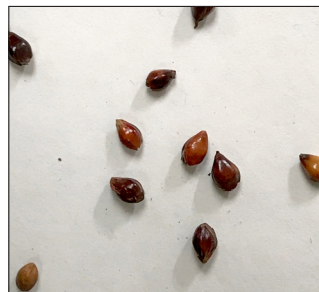
All of the above alternatives should be easy to find. If you are teaching **Plants and Animals**, the kit already provides oat seeds, so that is an easy substitution. FOSS has tested these alternatives and has determined that the investigations progress just as well using these seeds as with wheat. These alternatives have similar structures, growing patterns, and needs as the wheat seeds. No modifications to the amount of soil, sunlight, and water are necessary.



**Oats**



**Millet**



**Sorghum**



**Buckwheat**