

Quiz for Module: Gluten

Name _____ Date _____

1. Gluten is a protein in wheat and some other grains.
 1. True
 2. False

2. The reason gluten has become such an issue in the past few years is due to:
 1. Bioengineering of gluten
 2. Hybridization of gluten
 3. Increased amount of gluten added to processed products
 4. Increased number of products that contain gluten for its unique attributes
 5. All of the above

3. Gliaden is one of the proteins that make up gluten and can have a particular effect of increasing the:
 1. immune systems reaction
 2. number of antibodies that can attack the gliaden
 3. degeneration of brain cells
 4. All of the above

4. Gluten breaks down into polypeptides in the stomach and can cross the blood brain barrier?
 1. True
 2. False

5. Once past the blood brain barrier, the polypeptides (question 4) can attach to receptors in the brain, having an effect similar to taking morphine?
 1. True
 2. False

6. Gluten can have an effect on congesting digestive processes due to it's gluey properties, making digestion less efficient. This results in the immune systems attach on undigested food?
 1. True
 2. False

7. Which grains do not contain gluten?
 1. Kasha
 2. Millet
 3. Teff
 4. Some oats
 5. Amaranth
 6. All of the above

8. Which grains do contain gluten?

1. Wheat
2. Rye
3. Bulgur
4. Barley
5. Kamut
6. All of the above

Answers listed below.

Answers

1. 2
2. 5
3. 4
4. 1
5. 1
6. 1
7. 6
8. 6

