WHAT’S THE BIG DEAL WITH GLUTEN?  
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VOCABULARY

BIG DEAL: something that is very important.  
Ex. This was a really big deal for me.

RECENTLY: not long ago  
Ex. I received a letter from her recently.

DIETARY: related to your diet.  
Ex. This kind of dietary behaviour needs to be stopped immediately.

CRAZE: an activity, object or idea that is very popular for a short time.  
Ex. The new dance craze is spreading.

INSOLUBLE: not able to be dissolved in a liquid.

DOUGH: flour mixed with water, and other ingredients that is baked to make bread, cookies, etc.

TO MOUNT: to activate; to launch.

MILD: not strong in action or effect.  
Ex. Your friend had a mild heart attack.

TO IMPAIR: to make something weaker or worse.  
Ex. Smoking can impair your health.

RASH: a lot of small red spots on the skin that is caused by an illness or a reaction to something.

FORTUITOUS: happening by chance; not planned.  
Ex. My presence here is fortuitous.