



# Whole Grains - Answer Sheet

Circle the foods with whole grains:

Brown Rice	White Bread	Noodles	Lucky Charms
Flour Tortillas	Oatmeal	Rice	Quinoa
Popcorn	Buckwheat	Grits	Whole Wheat Bread
Pita Bread	Wild Rice	Saltines	Whole Wheat tortilla

Fill in the blank using the words below. Each word is used once.

Energy      Whole      Refined      Brown      Fiber

1. Fiber is an important nutrient in whole grains that helps with digestion and can help maintain a healthy heart.
2. Eat 6 servings of grains per day, making half of your grains Whole.
3. Refined grains do not contain a lot of fiber, vitamins or minerals.
4. Whole grains are an important source of Energy for our bodies, allowing us to run, play and study.
5. Just because bread is Brown doesn't mean it is whole grain.

How can you eat more whole grains? List a food with whole grain that you could add to each meal.

Breakfast Choose a whole grain cereal, try to eat oatmeal 3 times per week

Lunch Make sandwiches on whole grain bread, use whole grain tortillas

Snack Make some air-popped popcorn

Dinner Make brown rice or quinoa as a side, use whole wheat pasta

