

ANSWERS

GRAIN SCRAMBLE

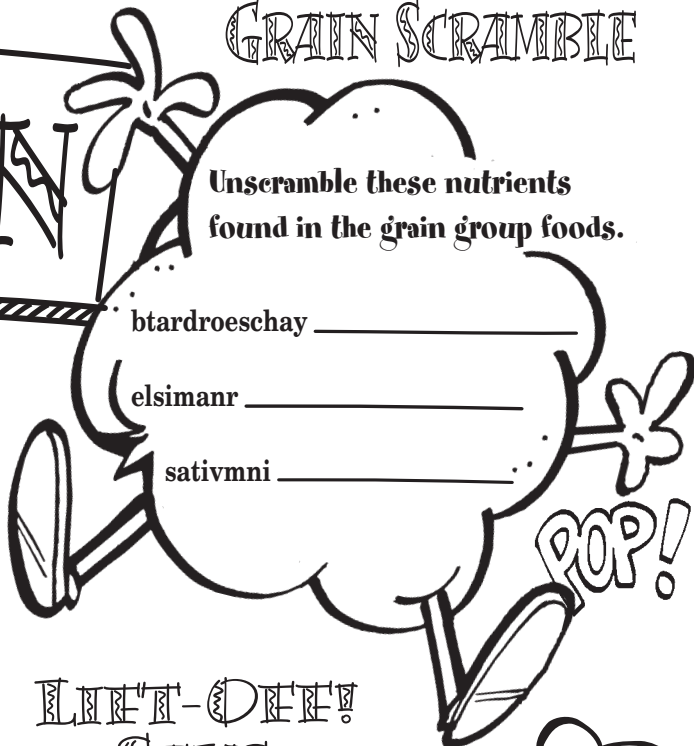


Unscramble these nutrients found in the grain group foods.

btardroeschay _____

elsimanr _____

sativmni _____

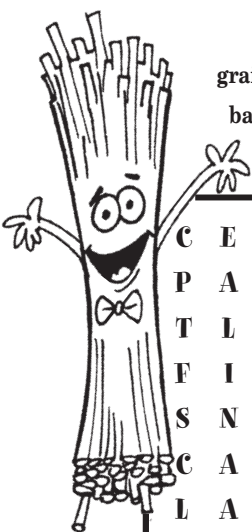


GRAINS WORD SEARCH

Find and circle these words in the puzzle.

They are hidden in all directions.

- grains pasta bread cereal fiber rice carbohydrate
bagel tortilla pancake noodles spaghetti popcorn
oatmeal muffin energy lasagna bun



C	E	R	E	A	L	O	L	E	G	A	B
P	A	N	C	A	K	E	T	S	I	D	E
T	L	A	E	M	T	A	O	T	U	T	L
F	I	B	E	R	H	B	T	P	C	O	E
S	N	I	A	R	G	E	Z	G	A	R	V
C	A	R	B	O	H	Y	D	R	A	T	E
L	A	S	A	G	N	A	A	A	T	I	N
F	W	B	A	Z	E	Y	E	I	S	L	I
D	H	P	O	P	C	O	R	N	A	L	F
B	S	I	X	R	I	V	B	S	P	A	F
U	C	F	K	F	R	I	C	E	A	N	U
N	O	O	D	L	E	S	O	T	M	C	M

LIFT-OFF!

SAYS

Separate the words

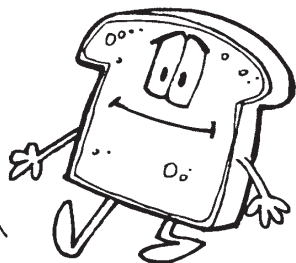
make half your grains whole!

With grain,

it's easier to lift-off!



WHAT'S YOUR GRAIN SCORE?



List the grains you usually eat each day.

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

WHERE IN THE WORLD?

Match the food and country by drawing lines.

Pita Bread

China

Baguette

Middle East

Tortilla

North Africa

Pretzel

Mexico

Couscous

Germany

Steamed Buns

France

