

# ANSWERS

## GRAIN SCRAMBLE



Unscramble these nutrients found in the grain group foods.

btardroeschay carbohydrates

elsimanr minerals

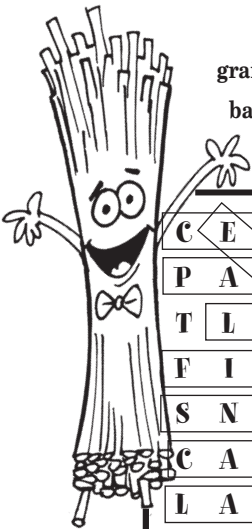
sativmni vitamins

## GRAINS WORD SEARCH

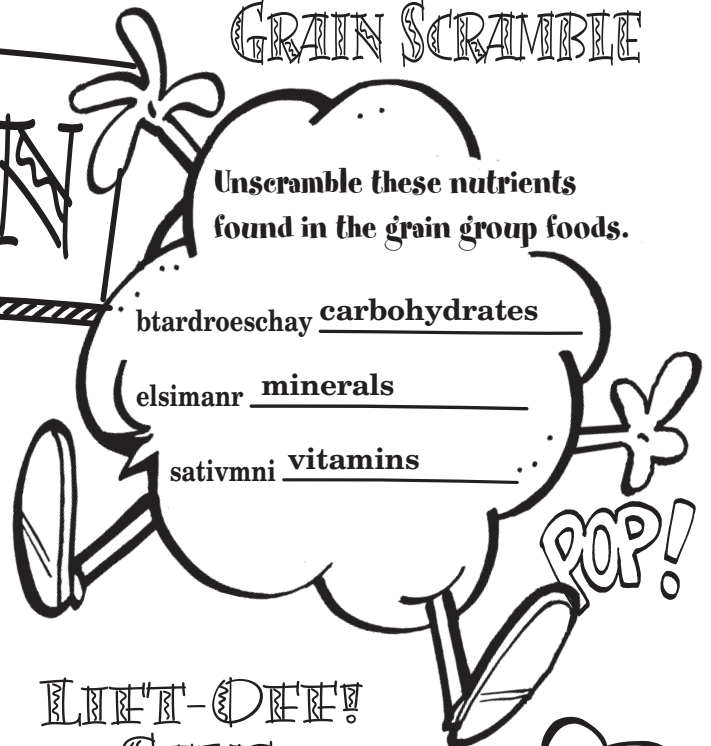
Find and circle these words in the puzzle.

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

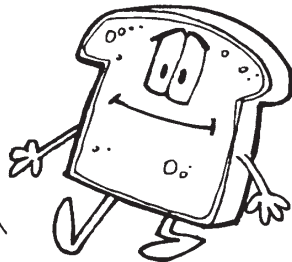
Separate the words

Make half your grains whole!  
 With grain, it's easier to make half your grains whole!



LIFT-OFF!

## WHAT'S YOUR GRAIN SCORE?



List the grains you usually eat each day.

Breakfast: muffin, bagel, oatmeal, waffle, cereal, pancake

Lunch: bread, tortilla, pita bread

Dinner: noodles, spaghetti, rice

Snacks: crackers, popcorn, pretzel

## 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       |

