



# GROOVY GRAINS

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## WHOLE GRAIN SEARCH

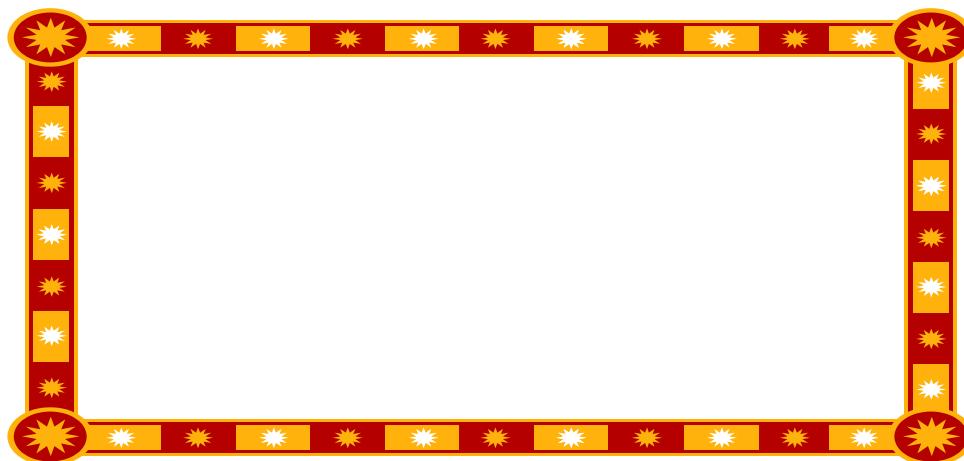
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a	p	o	p	c	o	r	n
t	h	w	n	d	y	i	j
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e	g	x	b	a	g	e	l
a	e	p	r	k	g	q	h
l	v	c	e	r	e	a	l
m	d	p	a	s	t	a	u
g	f	i	d	t	c	b	a

Find these words:

- Bagel
- Bread
- Cereal
- Muffin
- Oatmeal
- Pasta
- Popcorn
- Rice

## SKETCH-A-GRAIN

Draw a picture of your favorite whole grain meal or snack.



# HEALTHY GRAINS

Unscramble the words below to find out why grains are so good for you!

Grains are high in...

befir                    \_ \_ \_ \_ \_

avtnimsi              \_ \_ \_ \_ \_ \_ \_ \_

mlsinare              \_ \_ \_ \_ \_ \_ \_ \_

botryhacerdsa        \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

Grains are low in...

totla tfa              \_ \_ \_ \_ \_ \_ \_ \_

trasedrtau aft        \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

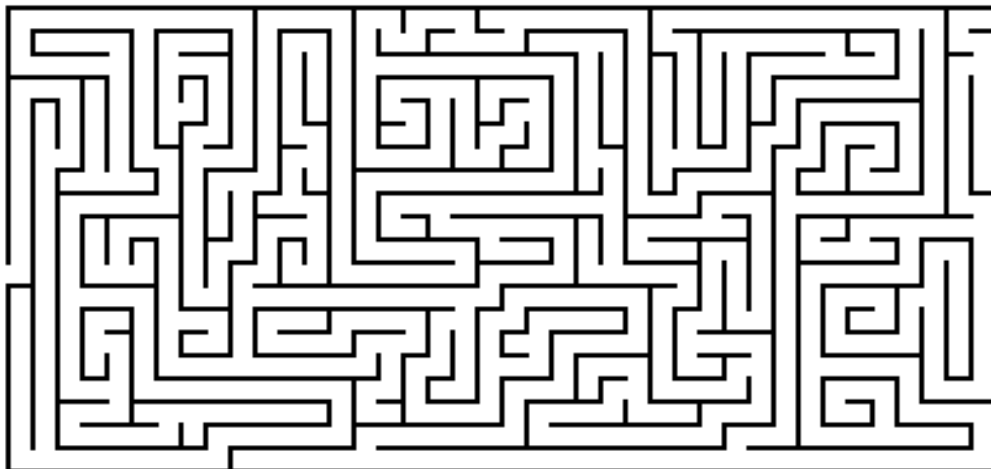
hocetlrosel            \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

Key: fiber, vitamins, minerals, carbohydrates, total fat, saturated fat, cholesterol



# GREAT GRAIN MAZE

Directions: Max just went to the store and bought some grains. Help him find his way home.



HOME