



Primary



Grains

Grains Come to Life!

Fill in the blanks below to uncover which grains these are. Then write in the answer underneath its clues!

- 1. This grain is usually go_d or t_n.
It contains f_ber and B Viamins.
Will help with sl_w and steady ene_gy and bl_od su_ar levels.
- 2. This grain is usually t_n or bro_n.
It contains f_ber, pl_nt nutrie_ts, pr_tein, vit_mins and minerals.
Will help gain lots of ener_y.

Grain: _____

Grain: _____

- 3. This grain is usually g_ld, w_ite or ta_.
It contains fi_er, p_otein and O_ega 3 and 6.
Will help you gain lots of e_ergy and be h_art heat_y.

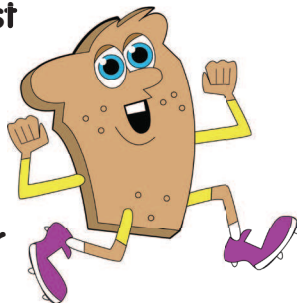
Grain: _____

STOP! THINK! SNACK!

Before you pick up a snack, check to see if it contains whole grains! Whole grains are great for your heart and an option for a lot of your favorite foods. Circle the whole grain foods in the word search that are sure to give you lots of energy!

Word Bank:

- 1. Cereal
- 2. Wheat Toast
- 3. Macaroni
- 4. Oatmeal
- 5. Pretzel
- 6. Brown Rice
- 7. Granola Bar



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