

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 healt_y.

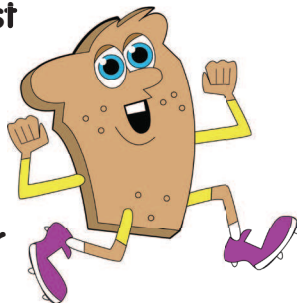
Grain: _____

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