



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_b_r and B Vi_am_ns.
Will help with sl_w and st_a_y
ene_gy and b_o_d su_ar levels.

2. This grain is usually t_n or bro_n.
It contains f_ber, plant nutrie_ts, pr_tein,
vit_m_ns and mi_erals.
Will help gain lots of ener_y.

Grain: _____

Grain: _____



3. This grain is usually g_ld, w_it_ or ta_.
It contains fi_er, pr_tein and O_ega 3 and 6.
Will help you gain lots of e_e_gy and be
h_art he_lt_y.

Grain: _____

Compare and Discover!

So many great foods are now available with heart healthy whole grains. Compare the nutrition facts of the different breads below and answer the questions to find out which one is the health-smart choice.

White Bread
Nutrition Facts:
(per serving)

Serving size: 1 slice
(25 grams)

Calories: 70
Total Fat: 1 gram
Carbs: 13 grams
Protein: 2 grams
Fiber: 0.6 grams

Whole Grain Bread
Nutrition Facts:
(per serving)

Serving size: 1 slice
(33 grams)

Calories: 90
Total Fat: 2 grams
Carbs: 17 grams
Protein: 3 grams
Fiber: 2 grams

How many grams of protein are in 1 slice of white bread?

How many grams of protein are in 1 slice of whole grain bread?

How much fiber does the whole grain bread have?

How much fiber does the white bread have?

Which is the health-smart choice with higher amounts of nutrients?