

Grains

Grains Come to Life!

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

- 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.
- 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: _____

- 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.

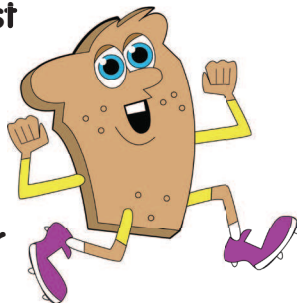
Grain: _____

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:

- Cereal
- Wheat Toast
- Macaroni
- Oatmeal
- Pretzel
- Brown Rice
- Granola Bar



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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |