



Whole Grain Unscramble

1.) ICRE

My color can be either white or brown and I am the most eaten grain in the world.

— — — —

2.) RCAEEL

A grain eaten in the morning with milk.

— — — — —

3.) NRPPOOC

A grain usually eaten at movie theatres.

— — — — —

4.) LAEMTAO

A whole grain that is served hot and eaten at breakfast. Some people add milk or fresh fruit to this whole grain.

— — — — —

5.) RFBEI

Helps to maintain intestinal health. Found in fruits, vegetables, nuts and seeds, legumes, and whole grains.

— — — — —

6.) OWHEL NRGIA

Contains the entire grain kernel.

— — — — —

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“The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.



Whole Grain Unscramble – Answer Sheet

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F I B E R

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W H O L E G R A I N

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