Whole Grains Word Scramble

Unscramble the whole grain words below. Then discuss with the group the importance of each word.

1. mrge _________________________________________
2. reesdompn ___________________________________
3. oelhw naig ___________________________________
4. nabr __________________________________________
5. fbier__________________________________________
6. amtleoa ______________________________________
7. atlloitr ______________________________________
8. wornb eric ____________________________________
9. rpcnooq ______________________________________
10. dnxiooasttn_________________________________
11. amtiisnv ___________________________________
12. serilanm____________________________________
13. nroi _________________________________________
14. guensimma___________________________________
15. arbn ffumims ________________________________
16. urlubg ______________________________________
17. ensitidog _____________________________________

KEY: If the following are listed first on the ingredients list, you have found a whole grain food: Brown rice, Bulgur, Graham flour, Oatmeal, Whole grain corn, Whole oats, Whole rye, Whole wheat, Wild rice.

Do You Know Your Grains?

Put a check on each line next to the word that indicates a whole grain on food packages. Then, be sure to look for those ingredients while shopping. Remember, they have to be first on the ingredients list in order to qualify as a whole grain food.

<table>
<thead>
<tr>
<th>Multi-grain</th>
<th>Bran</th>
<th>Bulgur</th>
<th>Whole oats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stone-ground</td>
<td>Corn flour</td>
<td>Graham flour</td>
<td>Whole rye</td>
</tr>
<tr>
<td>Cracked wheat</td>
<td>Cornmeal</td>
<td>Oatmeal</td>
<td>Whole wheat</td>
</tr>
<tr>
<td>Seven-grain</td>
<td>Brown rice</td>
<td>Whole grain corn</td>
<td>Wild rice</td>
</tr>
</tbody>
</table>

**KEY:** If the following are listed first on the ingredients list, you have found a whole grain food: Brown rice, Bulgur, Graham flour, Oatmeal, Whole grain corn.
Whole Grain Match Up

Match the phrase on the left to the phrase on the right to find great ways to eat more whole grains!

1. A healthy breakfast
   _____ A. Oatmeal cookies

2. Sandwiches or wraps made with
   _____ B. Brown rice, wild rice or bulgur

3. Instead of white bagels, try
   _____ C. Bran flakes, shredded wheat, oatmeal

4. Replace white rice with
   _____ D. Popcorn with no added salt or butter

5. Barley can be put into
   _____ E. Whole wheat pasta

6. Add this to ground meat for more substance
   _____ F. Whole wheat bagels or bran muffins

7. Try this in recipes instead of dry bread crumbs
   _____ G. Soups and stews, casseroles and salads

8. Use this to make spaghetti or macaroni and cheese
   _____ H. Unsweetened, whole grain cereal

9. Make these breakfast foods with whole wheat or oat flour
   _____ I. Cooked brown rice or whole grain bread crumbs

10. Top salads or soups with this, instead of croutons
    _____ J. Pancakes, waffles or muffins

11. Add whole grain flour when baking these
    _____ K. Whole grain breads or whole wheat tortillas

12. A flaky, crunchy snack
    _____ L. Baked whole wheat tortillas

13. This is a healthy whole grain snack
    _____ M. Rolled oats