What Does It Look Like?

Hold up the images and ask them to identify each whole grain. Keep playing until they have them memorized. Some will be easy to identify, others will be more challenging.

1. 2. 3. 4. 5. 6. 7. 8. 9.

KEY: 1. barley 2. wild rice 3. popcorn 4. pasta 5. crackers 6. buckwheat 7. rye grain 8. tortillas 9. wheat grain

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10. bagels
11. oats
12. brown rice
13. bulgur
14. bread
15. oat grain
16. pita bread
17. cereal
18. millet