Getting kids excited about being a Champion for Change by eating whole grains!

Who is this for? Kids and their parents

Why is this a good idea? Whole grains are healthy for growing kids

Whole Grains Crossword

Download the Whole Grains Crossword puzzle template from the Contractor’s section of EatWellBeWell.org and make enough copies for everyone in your group. After everyone has finished the crossword, ask the kids to read aloud the answers.

What you’ll need: Whole Grains Crossword, pencils or pens

GRAIN-GO!

Download the GRAIN-GO! game board and grain list from the Contractor’s section of EatWellBeWell.org. Make enough copies of the game board for everyone in the group. You only need one copy of the grain list.

The game board contains a bingo 5x5 grid and a list of more than 25 whole grains or meals made with whole grains. Instruct the group to write the grains or meals at random in the grid so everyone’s grid is different.

Cut out the grains and meals on the grain list and stick the pieces into a bag. Draw out one piece at a time and call out the grain or meal. The first person to complete an entire row and call out GRAIN-GO! wins the game.

What you’ll need: GRAIN-GO! game board, grain list, pencils or pens, scissors and a bag
Whole Grains Advertisement Contest

This activity can be done individually or in pairs. Provide each kid or pair with a blank piece of paper and supplies like markers and crayons. Review the contest rules below. Ask the kids to make an advertisement about whole grains for other kids their age. Then as a group vote on which ad is the best. If you prefer, you can do this activity as a project instead of a contest. Encourage the kids to share their whole grain ad at home.

What you’ll need: paper, markers, crayons, scissors, glue

Contest rules:

- Use blank, whit 8.5” x 11” paper
- The ad must mention one or more of the following whole grains: whole wheat, brown rice, corn, oats
- The ad can be in either English or Spanish
- Artwork must be original
- Do not write or show any brand names

Color by Number

Download the Color by Number template from the Contractor’s section of EatWellBeWell.org and print enough for each child. As the kids are doing the activity, talk to them about the importance of whole grains. Once they have colored in the entire worksheet, they will see an image of a whole grain.

What you’ll need: Color by Number template, markers, crayons or colored pencils
WHOLE GRAINS CROSSWORD FOR KIDS

Whole grains are important because they give us energy and keep our bodies healthy! How much do you know about whole grains? Answer the clues given and then write the word into the right spot on the crossword puzzle.

ACROSS
7. Whole grains give you ___ ___ ___ to power you through the day.
8. A whole grain is a ___ ___ that hasn’t had any part removed.
9. This is a healthy, warm breakfast meal.
11. Whole grains keep you feeling full longer because they are full of what?
12. Oats contain ___ ___ , a mineral that carries oxygen to your blood.
13. Which whole grains is an ingredient in 3,000 grocery products?
14. Oats grow in cooler climates that have plenty of what?

DOWN
1. How many parts does a whole grain have?
2. This is one of the four most popular whole grains in the United States.
3. This is the only continent in the world that doesn’t grow rice.
4. This is the starchy part of the whole grain.
5. Fresh corn is a ___ ___ ___ ___ ___ , while dried corn is a grain.
6. This is a whole grain that is also a favorite snack (especially when you go to the movies!)
10. There are more than 40,000 different varieties of ___ ___ ___.

For more fun games, visit EatWellBeWell.org.

This material was federally funded by USDA’s Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance 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 1-800-352-8401. This institution is an equal opportunity provider and employer. AzNN 1/12
GRAIN-GO!

Use the list of whole grains and meals on the left to fill in all of your blank squares with only one whole grain or meal per square. When the instructor calls out a whole grain or meal that is on your board, mark it with an X. The first person to complete an entire row and call out GRAIN-GO! wins the game.

| OATS | CORN | POPCORN | OATMEAL | BROWN RICE | WHOLE WHEAT | LENTILS AND RICE | OATMEAL COOKIE | SOFT CORN TACOS | WHOLE WHEAT PB&J | RICE AND BEAN BAKE | BANANA OAT BREAD | WHOLE GRAIN PIZZA | WHOLE GRAIN CEREAL | WHOLE GRAIN PANCAKES | WHOLE WHEAT CRACKERS | WHOLE GRAIN SPAGHETTI | WHOLE GRAIN PASTA SOUP | WHOLE WHEAT QUESADILLA | PEACH CRUMBLE WITH OATS | WHOLE WHEAT PITA POCKET | WHOLE GRAIN VEGGIE BURGER | BROWN RICE STUFFED PEPPERS | WHOLE WHEAT APPLE BREAD PUDDING | BROWN RICE AND VEGETABLE STIR FRY | JAM ON WHOLE GRAIN ENGLISH MUFFIN | CRANBERRY-ALMOND GRANOLA WITH ROLLED | MEATLOAF WITH WHOLE GRAIN BREAD CRUMBS | WHOLE GRAIN CRANBERRY ORANGE CEREAL MIX |
|-------|------|---------|---------|------------|-------------|------------------|----------------|-----------------|-----------------|------------------|-----------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|

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# GRAIN-GO!

Cut out these whole grains and meals, and put the pieces into a bag. Draw out one piece at a time and call out the grain or meal. The first person to complete an entire row and call out GRAIN-GO! wins the game.

| Whole Wheat | Oats | Brown Rice | Corn | Popcorn | Oatmeal | Whole Wheat Crackers | Brown Rice Stuffed Peppers | Whole Grain Spaghetti | Whole Grain Pasta Soup | Whole Wheat Quesadilla | Whole Grain Cereal | Lentils and Rice | Peach Crumble with Oats | Whole Wheat Apple Bread Pudding | Whole Wheat Pita Pocket | Whole Grain Cranberry Orange Cereal Mix | Meatloaf with Whole Grain Bread Crumbs | Whole Grain Pancakes | Whole Wheat PB&J | Brown Rice and Vegetable Stir Fry | Oatmeal Cookie | Soft Corn Tacos | Whole Grain Pizza | Whole Grain Veggie Burger | Jam on Whole Grain English Muffin | Cranberry-Almond Granola with Rolled Oats | Rice and Bean Bake | Banana Oat Bread |

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COLOR BY NUMBER

Stay healthy by making half your grains whole! That means half of the grains you eat every day should be whole grains like brown rice, oats, whole wheat and corn. Are you wondering what a whole grain looks like? Just fill in each numbered section with its corresponding color and you’ll find out!

1-Brown  2-Yellow  3-Orange  4-Green

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