	Growing Up FOOD SMART with Whole Grains!
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Name:			
1 1411101			

Word Bank:

bran
endosperm
germ
cereal
pasta
oatmeal
bread
whole-grains
wheat
fiber
brown rice

Whole Grain Trivia

Learn the parts of a whole grain in the image below. Then unscramble the words to form words related to whole grains. Finally use the numbered letters to form a secret whole grain message!

4 1 .1					
1. lawshinrgoe: _				 	
	4	1			
2. osmdrneep:					
		7			
3. ateaolm:					BRAN
	3				Outer layer that helps us digest food better.
4. rabn:					
	11			-	ENDOSPERM
5. ceaelr:					Middle layer that gives
		5			us energy.
6. wtaeh:					GERM
13					Inner layer that keeps
7. megr:		_			us healthy.
8		_			
8. bworn eirc:					
			10		
9. drabe:					

											_						
1	2	3		4	2	5	6	7		6		8	9	2	10	11	12
		_												_!			
2	12		13	4	7	5	1	8	3	9	2	10	11				



10. atspa:

11. iberf:

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Whole Grain Trivia ANSWER KEY

- 1. lawshinrgoe- is whole-grains.
- 2. osmdrneep is endosperm.
- 3. ateaolm is oatmeal.
- 4. bran is bran.
- 5. ceaelr is cereal.
- 6. wtach is wheat
- 7. megr is germ.
- 8. bworn eirc is brown rice.
- 9. drabe is bread.
- 10. atspa is pasta.
- 11. iberf is fiber.

Secret Message: Eat half of grains as whole grain!

