

Name: _____

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

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!

1. lawshinrgoe: -

2. osmdrneep: _____

3. ateaolm: _____
 3

4. rabn: _____
11

5. ceaelr: _____ 5

6. wtaeh: _____
13

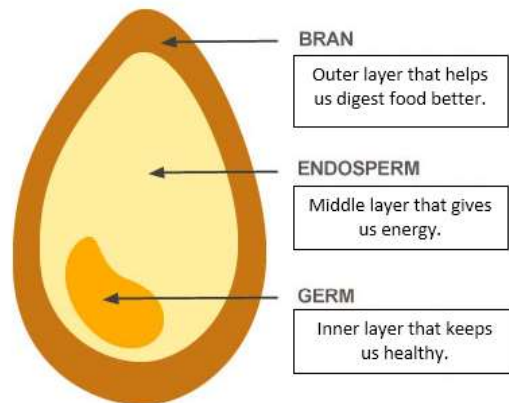
7. megr:

8. bworth eirc: _____ $\frac{\quad}{10}$

9. drabe: $\frac{\quad}{9}$

10. atspa: _____
 12 2

11. überf:
 6



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