

To help you complete this worksheet, use the Good Food for You book.

Grains

Grains are the seeds of grasses called _____. Any food made from _____, wheat, rice, oats, or other grain is part of the grains group. Grains are rich in _____. These nutrients give the body _____. Grains often make up the largest part of your _____.

_____ is a mixture of flour and water that is baked in the oven. Many breads are made with whole grains.

Most _____ is made from wheat. It must be cooked in boiling water to make it soft.

_____ is the kernel of the rice plant.

_____ contain the whole grain kernel (seed). At least half of the grains you eat should be whole grains.

Some _____ are made with whole grains. These are the healthiest choice.

