



Use the Clues: Whole Grain Activity Sheet

Using the clues , fill in the blanks below with the correct letter

1. Rolled oats: _____

2. Whole Oat: (groats): _____

3. Quinoa (Keen-wa): _____

4. Brown or red rice grain
or a blend of rices _____

5. Polenta or corn meal: _____

6. Buckwheat: _____

Name 2 high-quality fats that you can eat with whole grain toast:



Use the Clues: Whole Grain Answer Sheet

Using the clues , fill in the blanks below with the correct letter

1. Rolled oats:

D I am rolled flat and you usually eat me in cereals, both hot and cold. I rarely have my bran and germ removed, so if you see me in an ingredient list, you're getting a whole grain!

2. Whole Oat: (groats):

F Here I am when I am fresh from the farm and after I am removed from the stalk. You can process me into many edible forms.

3. Quinoa (Keen-wa):

E I may be small and round , but I have the most protein of any grain! Cook me with rice.

4. Brown or red rice grain **A**

I am usually prepared white and I am eaten daily in Asian countries. But look how colorful I can be!

5. Polenta or corn meal:

B When I am whole, I am called an ear. Here I am ground into a flour which you can use make to make a tortilla.

6. Buckwheat:

C I have wheat in my name but I am not really a kind of wheat, I just look and act like one! I can be eaten by people who can't digest most other grains. I am really a seed.

Name 2 high-quality fats that you can eat with whole grain toast:

Possible Answers: Butter, cheese, peanut butter, almond butter, cashew butter, olive oil, avocado