

Whole Grain Goodness And Pick a Better Snack – Go For the Whole Grain Interactive Display

Directions:

1. View and read the display information.
2. Read through the handouts:
 - a. Make Half Your Grains Whole
 - b. Whole Grain Goodness
 - c. Getting Enough Whole Grain
 - d. Whole Grain Foods on my WIC Check
3. Answer the True/False questions on the Whole Grain Goodness handout.
4. Complete the Whole Grains Word Unscramble, and give the completed word unscramble to the clinic clerk so that you can get credit for completing this nutrition education activity.

