

Whole Grain Unscramble

1. ICRE

My color can be either white or brown and I am the most eaten grain in the world.

2. RCAEEL

A grain eaten in the morning with milk

3. NRPPPOOC

A grain usually eaten at movie theatres

4. LAEMTAO

A whole grain that is served hot and eaten at breakfast. Some people add milk or fresh fruit to this whole grain

5. RFBEI

Helps to maintain intestinal health. Found in fruits, vegetables, nuts and seeds, legumes, and whole grains.

6. OWHEL NRGIA

Contains the entire grain kernel

Whole Grain Unscramble - Answer Sheet

1. ICRE

My color can be either white or brown and I am the most eaten grain in the world.

RICE

2. RCAEEL

A grain eaten in the morning with milk

CEREAL

3. NRPPPOOC

A grain usually eaten at movie theatres

POPCORN

4. LAEMTAO

A whole grain that is served hot and eaten at breakfast. Some people add milk or fresh fruit to this whole grain

OATMEAL

5. RFBEI

Helps to maintain intestinal health. Found in fruits, vegetables, nuts and seeds, legumes, and whole grains.

FIBER

6. OWHEL NRGIA

Contains the entire grain kernel

WHOLE GRAIN