



Champions for Change
Arizona Nutrition Network

Whole Grains Word Scramble

Unscramble the whole grain words below. Then discuss with the group the importance of each word.

- | | |
|----------------------|-------------------------|
| 1. mrge _____ | 10. dnxiiioaasttn _____ |
| 2. reesdompn _____ | 11. amtiisnv _____ |
| 3. oelhw nairg _____ | 12. serilanm _____ |
| 4. nabr _____ | 13. nroi _____ |
| 5. fbier _____ | 14. guensimma _____ |
| 6. amtleoa _____ | 15. arbn ffunims _____ |
| 7. atlloitr _____ | 16. urlubg _____ |
| 8. wornb eric _____ | 17. ensitidog _____ |
| 9. rpcnoop _____ | |

KEY: 1. germ 2. endosperm 3. whole grain 4. bran 5. fiber 6. oatmeal 7. tortilla 8. brown rice 9. popcorn 10. antioxidants 11. vitamins 12. minerals 13. iron 14. magnesium 15. bran muffins 16. bulgur 17. digestion

Do You Know Your Grains?

Put a check on each line next to the word that indicates a whole grain on food packages. Then, be sure to look for those ingredients while shopping. Remember, they have to be first on the ingredients list in order to qualify as a whole grain food.

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|---------------------|------------------|------------------------|-------------------|
| _____ Multi-grain | _____ Bran | _____ Bulgur | _____ Whole oats |
| _____ Stone-ground | _____ Corn flour | _____ Graham flour | _____ Whole rye |
| _____ Cracked wheat | _____ Cornmeal | _____ Oatmeal | _____ Whole wheat |
| _____ Seven-grain | _____ Brown rice | _____ Whole grain corn | _____ Wild rice |

KEY: If the following are listed first on the ingredients list, you have found a whole grain food: Brown rice, Bulgur, Graham flour, Oatmeal, Whole grain corn, Whole oats, Whole rye, Whole wheat, Wild rice



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. AzNN 1/11



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Whole Grain Match Up

Match the phrase on the left to the phrase on the right to find great ways to eat more whole grains!

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|---|-------|--|
| 1. A healthy breakfast | _____ | A. Oatmeal cookies |
| 2. Sandwiches or wraps made with | _____ | B. Brown rice, wild rice or bulgur |
| 3. Instead of white bagels, try | _____ | C. Bran flakes, shredded wheat, oatmeal |
| 4. Replace white rice with | _____ | D. Popcorn with no added salt or butter |
| 5. Barley can be put into | _____ | E. Whole wheat pasta |
| 6. Add this to ground meat for more substance | _____ | F. Whole wheat bagels or bran muffins |
| 7. Try this in recipes instead of dry bread crumbs | _____ | G. Soups and stews, casseroles and salads |
| 8. Use this to make spaghetti or macaroni and cheese | _____ | H. Unsweetened, whole grain cereal |
| 9. Make these breakfast foods with whole wheat or oat flour | _____ | I. Cooked brown rice or whole grain bread crumbs |
| 10. Top salads or soups with this, instead of croutons | _____ | J. Pancakes, waffles or muffins |
| 11. Add whole grain flour when baking these | _____ | K. Whole grain breads or whole wheat tortillas |
| 12. A flaky, crunchy snack | _____ | L. Baked whole wheat tortillas |
| 13. This is a healthy whole grain snack | _____ | M. Rolled oats |

KEY: 1.C 2.K 3.F 4.B 5.G 6.I 7.M 8.E 9.J 10.H 11.A 12.L 13.D



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