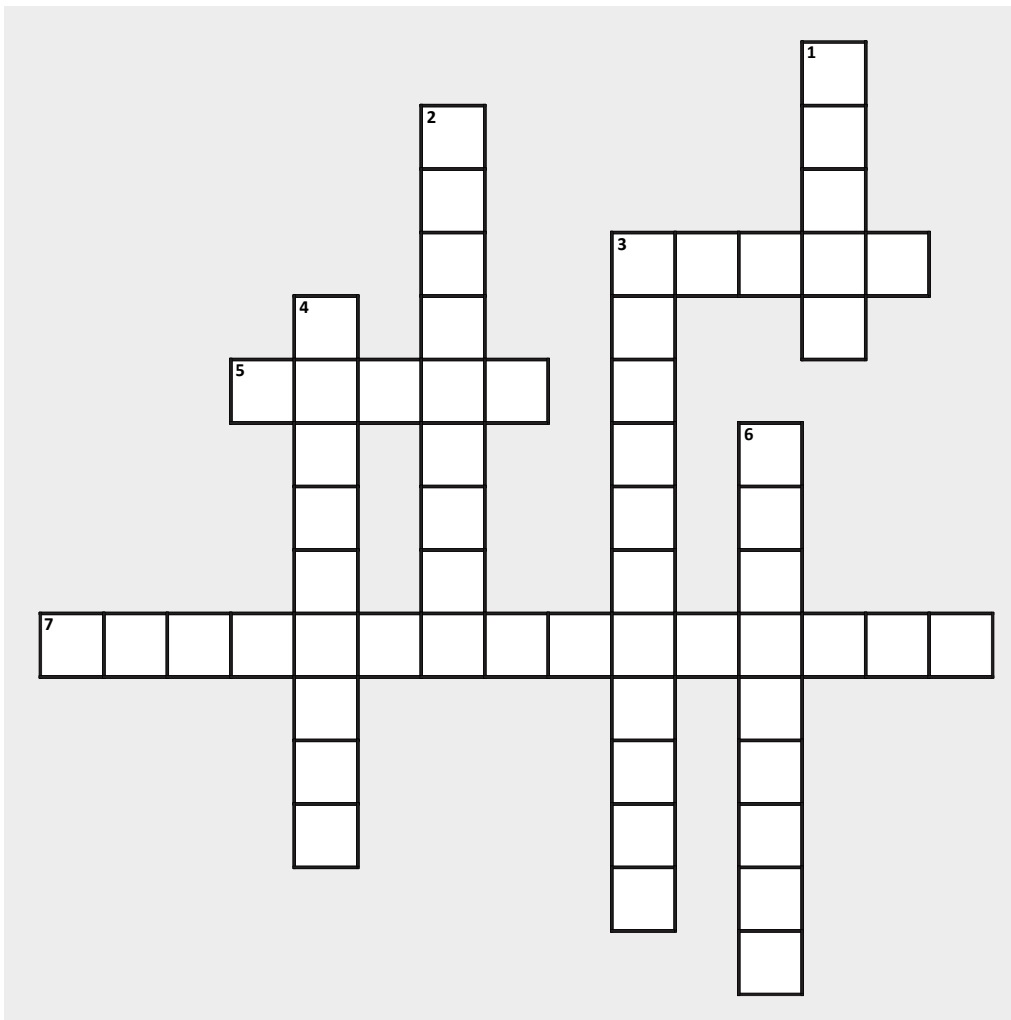


# WHOLE GRAINS CROSSWORD

Below is a crossword with words that have to do with whole grains. Have fun completing it!



## ACROSS

3. Complete this sentence: Make at least half your grains \_\_\_\_\_ grains.
5. Whole grains are rich in \_\_\_\_\_.
7. Whole grain bread is best stored at \_\_\_\_\_ in its original packaging, tightly closed with a quick lock or twist tie.

## DOWN

1. Six to eight ounces is generally the recommended amount of grains an \_\_\_\_\_ needs to consume each day.
2. This mineral found in whole grains helps build bones.
3. \_\_\_\_\_ are normally brown and contain important nutrients to help improve digestion and keep your heart healthy.
4. Fiber helps improve \_\_\_\_\_.
6. Whole grains contain \_\_\_\_\_. These help boost energy.

ANSWERS – ACROSS: 3. Whole, 5. Fiber, 7. Room Temperature. DOWN: 1. Adult, 2. Magnesium, 3. Whole Grains, 4. Digestion, 6. B Vitamins.



For more fun games, visit [EatWellBeWell.org](http://EatWellBeWell.org).

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 5/13

