

WORD SCRAMBLE

Below are fun words to unscramble. Some words describe activities to enjoy with your kids or grandkids, and others are about whole grain foods.

1. Contain the important nutrients to help improve digestion and keep you heart-healthy.

OWHEL NRGIAS

2. Helps maintain intestinal health. Found in whole grains, fruits, and vegetables.

RFBEI

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

LOEMTAA

4. A nutrient found in whole grain foods. Helps build bones.

MSUIGANEM

5. Vitamins found in whole grain foods. These help boost energy.

IMINTASV B

6. These grains do not contain the fiber-rich and heart-healthy ingredients that whole grains do.

FRNIEED ARSING

ANSWERS – 1. WHOLE GRAINS 2. FIBER 3. OATMEAL, 4. MAGNESIUM 5. B VITAMINS, 6. REFINED GRAINS.



For more fun games, visit 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

