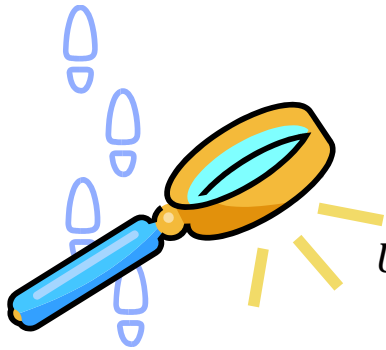
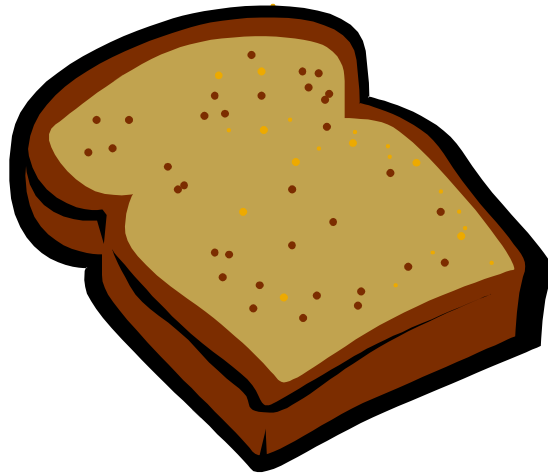


Searching for Whole Grain Bread!



*Use your detective skills and read the ingredients in each slice of bread.
Circle the slice of bread that is whole grain.*

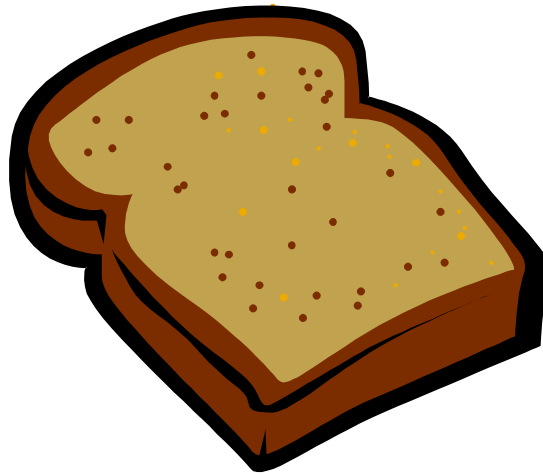
Bread A



Ingredients:

Unbleached wheat flour,
whole wheat flour, non-
fat dry milk, honey,
molasses, salt.

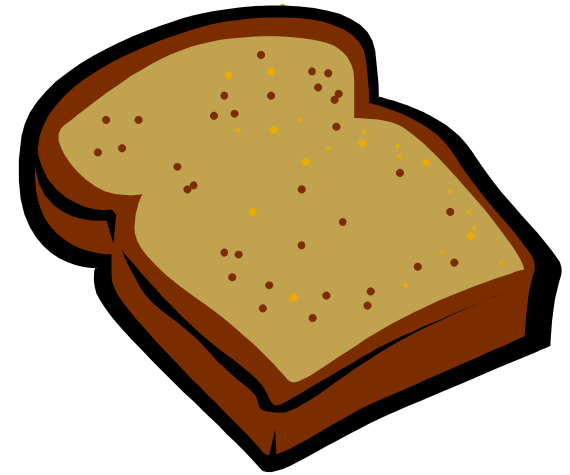
Bread B



Ingredients:

Whole wheat flour,
water, honey, flax seed,
canola oil, yeast, sea salt.

Bread C



Ingredients:

White flour, water, pure
vegetable shortening,
yeast, salt.



Public Health

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