

Find the Grains

Bread	Energy	Whole grain	Grits	Corn	Noodles	Cereal
Rice	Pancakes	Roll	Pasta	Muffin	Grains	Popcorn
Oatmeal	Fiber	Bagel	Wheat	Tortilla	Crackers	

W	H	O	L	E	G	R	A	I	N	A	B	E	Q	W	R	Y	U	I	O
G	D	S	J	D	J	T	F	S	A	S	D	F	F	G	H	J	K	L	K
A	G	X	C	V	B	N	M	Z	X	C	V	B	N	I	M	E	T	U	I
P	R	O	I	N	O	O	D	L	E	S	U	Y	T	R	B	E	C	W	Q
G	A	H	J	K	L	P	O	I	Y	T	R	E	W	K	I	E	E	T	W
Y	I	M	S	G	N	M	J	P	J	P	Y	T	P	Q	Y	J	R	G	B
H	N	J	F	B	R	E	A	D	H	O	G	V	V	A	T	N	E	L	M
J	S	G	G	G	B	N	J	O	G	I	F	B	S	A	R	D	A	K	N
T	H	F	H	G	V	E	M	I	F	U	D	E	C	W	D	S	L	G	B
F	J	Y	J	G	C	R	I	U	D	Y	K	N	X	E	F	R	G	F	V
B	M	T	K	H	X	G	Y	Y	S	A	S	M	D	E	H	G	H	F	C
T	H	R	L	D	Z	Y	G	T	C	T	D	P	G	W	N	S	M	F	X
F	N	O	X	S	A	M	N	N	A	R	F	O	A	T	M	E	A	L	Z
J	G	L	C	Q	S	M	A	R	Z	R	A	P	R	W	T	D	C	Q	A
J	Q	L	V	W	D	P	J	E	X	E	G	C	S	E	T	G	C	W	S
J	W	R	B	E	F	L	U	W	C	W	H	O	K	R	T	R	C	E	D
D	R	W	N	R	G	K	Y	Q	T	Q	V	R	S	E	T	S	C	R	F
S	T	Q	M	T	H	J	T	A	V	O	F	N	S	S	R	D	F	T	G
R	E	W	W	H	E	A	T	S	B	P	R	H	S	S	Q	S	G	Y	H
H	W	E	F	Y	J	H	R	D	N	O	D	T	O	D	Q	P	D	U	J
K	Q	T	T	U	C	G	W	F	M	I	S	T	I	F	Q	Y	J	I	K
R	W	Y	Y	I	O	F	E	G	B	U	A	T	O	L	Q	H	H	G	L
D	E	U	A	O	R	D	S	H	A	Y	X	R	O	H	L	J	T	R	P
M	U	F	F	I	N	S	S	J	G	T	Z	R	O	H	Q	A	F	I	O
W	R	O	U	P	K	R	I	C	E	R	E	E	O	H	P	A	S	T	A
F	T	I	I	P	L	S	S	K	L	E	Q	A	S	D	F	G	H	S	K



Public Health

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Carbohydrates

- _____ are the macronutrient that our body uses as its main energy source.
- In which four food groups on MyPlate do you find carbohydrates? Where else?
 - _____
 - _____ Plus
 - _____
 - _____
- The two major functions of carbohydrates are to supply _____ and _____ to the body.
- A wheat seed contains three parts:
 - _____
 - _____
 - _____
- _____ grain foods are the healthiest choice from the Grain group. They are made using all _____ parts of the seed. All the fiber and vitamins & minerals from the seed are in whole grain foods.
- _____ grain foods are made from only part of the seed, the endosperm. They do not have as much fiber and vitamins & minerals as whole grains.
- There are three types of carbohydrates:
 - _____
 - _____
 - _____

Word Bank

Carbohydrates	Milk	Vegetable	Fruit	Grains	Beans
Endosperm	Germ	Bran	Refined	Whole	2
Fiber	Sugars	Starches	Energy	Fiber	3



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