Whole Grain Unscramble

1. **ICRE**
   My color can be either white or brown and I am the most eaten grain in the world.
   ____    ____    ____    ____

2. **RCAEEL**
   A grain eaten in the morning with milk
   ____    ____    ____    ____    ____    ____

3. **NRPOOOC**
   A grain usually eaten at movie theatres
   ____    ____    ____    ____    ____    ____    ____

4. **LAEMTAO**
   A whole grain that is served hot and eaten at breakfast. Some people add milk or fresh fruit to this whole grain
   ____    ____    ____    ____    ____    ____    ____    ____

5. **RFBEI**
   Helps to maintain intestinal health. Found in fruits, vegetables, nuts and seeds, legumes, and whole grains.
   ____    ____    ____    ____

6. **OWHEL NRGIA**
   Contains the entire grain kernel
   ___    ___    ___    ___    ___          ___    ___    ___    ___    ___
Whole Grain Unscramble - Answer Sheet

1. **ICRE**
   My color can be either white or brown and I am the most eaten grain in the world.
   **RICE**

2. **RCAEEL**
   A grain eaten in the morning with milk
   **CEREAL**

3. **NRPPOOC**
   A grain usually eaten at movie theatres
   **POPCORN**

4. **LAEMTAO**
   A whole grain that is served hot and eaten at breakfast. Some people add milk or fresh fruit to this whole grain
   **OATMEAL**

5. **RFBEI**
   Helps to maintain intestinal health. Found in fruits, vegetables, nuts and seeds, legumes, and whole grains.
   **FIBER**

6. **OWHEL NRGIA**
   Contains the entire grain kernel
   **WHOLE GRAIN**