



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

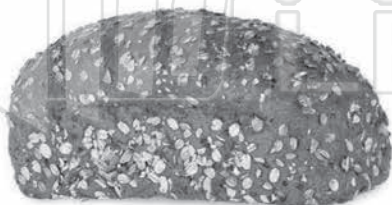
## What foods are in the Grains Food Group?

Food made from wheat, rice, oats, cornmeal, or barley is a grain product. Bread, pasta, oatmeal, cereals, tortillas, and grits are examples of grain products.

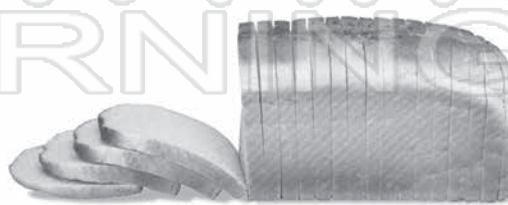
### Grains Gallery - Make Half Your Grains Whole Grains!

What are your favorite grain foods?

Whole Grains



Refined Grains

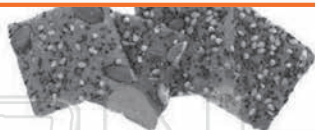


## PREVIEW

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whole-wheat pasta



whole-wheat crackers



crackers



pasta



corn tortillas



flour tortillas





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## Make Half Your Grains Whole Grains!

Sort the whole grain and refined grain foods.



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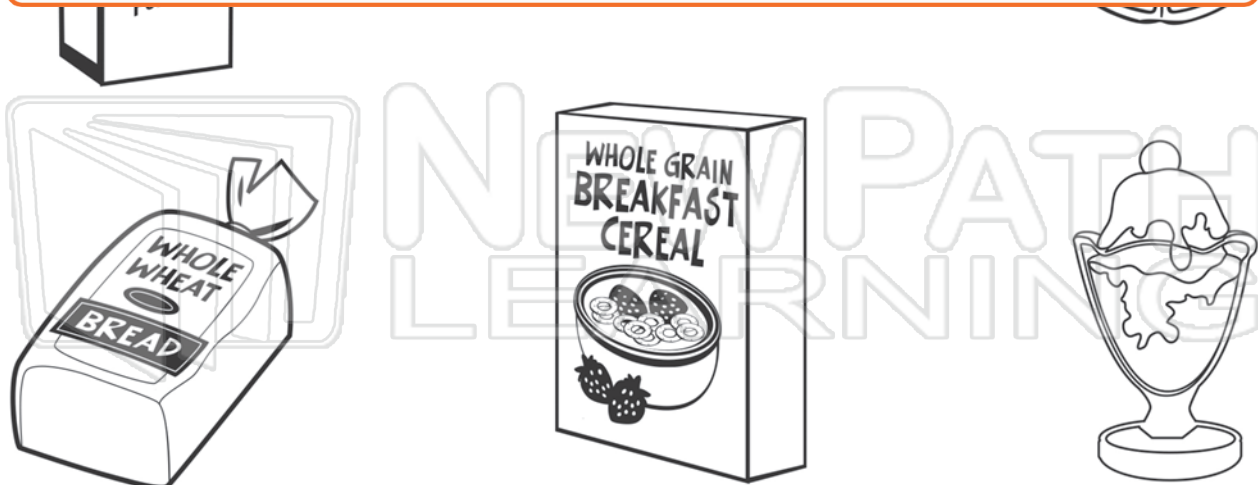
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Separate Grains and Dairy. Draw a line from Grains to the shopping cart.  
Draw a line from Dairy items to the basket.



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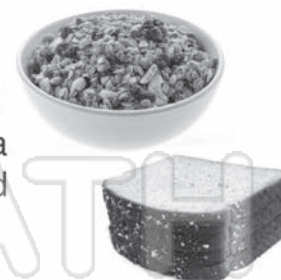
1 How much of the grains you eat should be **whole grains**?

- A none
- B one quarter
- C one half
- D all of them



5 Which amount equals **one serving** of grain?

- A 1 box of cereal
- B 5 cups of pasta
- C 1 slice of bread
- D 1 loaf of bread



2 **Whole grains** have a lot of \_\_\_\_\_ which helps your **intestines** work.

- A
- B
- C
- D

6 Which food is **not** in the **Grains Food Group**?



3 What food is **not** in the **Grains Food Group**?

- A
- B
- C
- D



## PREVIEW

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4 Which is **not** a **whole grain** food?

- A whole wheat pasta
- B waffles
- C oatmeal
- D brown rice



8 **Whole grains** help you feel full so you don't eat too much. True or false?

- A true
- B false





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## Answer Sheet

1

How much of the grains you eat should be **whole grains**?

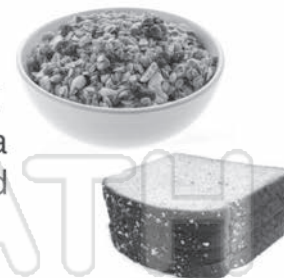
- A none
- B one quarter
- C one half
- D all of them



5

Which amount equals **one serving** of grain?

- A 1 box of cereal
- B 5 cups of pasta
- C 1 slice of bread
- D 1 loaf of bread



2

**Whole grains** have a lot of \_\_\_\_\_ which helps your **intestines** work.

- A
- B
- C
- D



6

Which food is **not** in the **Grains Food Group**?



3

What

- A
- B
- C
- D

# PREVIEW

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4

Which is **not** a **whole grain** food?

- A whole wheat pasta
- B waffles
- C oatmeal
- D brown rice



8

**Whole grains** help you feel full so you don't eat too much. True or false?

- A true
- B false

