



## Grains

### Grains Come to Life!

Fill in the blanks below to uncover which grains these are. Then write in the answer underneath its clues!

1. This grain is usually go\_d or t\_n.  
It contains f\_b\_r and B Vi\_am\_ns.  
Will help with sl\_w and st\_a\_y  
ene\_gy and b\_o\_d su\_ar levels.

2. This grain is usually t\_n or bro\_n.  
It contains f\_ber, plant nutrie\_ts, pr\_tein,  
vit\_m\_ns and mi\_erals.  
Will help gain lots of ener\_y.

Grain: \_\_\_\_\_

Grain: \_\_\_\_\_



3. This grain is usually g\_ld, w\_it\_ or ta\_.  
It contains fi\_er, pr\_tein and O\_ega 3 and 6.  
Will help you gain lots of e\_e\_gy and be  
h\_art he\_lt\_y.

Grain: \_\_\_\_\_

### Compare and Discover!

So many great foods are now available with heart healthy whole grains. Compare the nutrition facts of the different breads below and answer the questions to find out which one is the health-smart choice.

**White Bread**  
Nutrition Facts:  
(per serving)

Serving size: 1 slice  
(25 grams)

Calories: 70  
Total Fat: 1 gram  
Carbs: 13 grams  
Protein: 2 grams  
Fiber: 0.6 grams

**Whole Grain Bread**  
Nutrition Facts:  
(per serving)

Serving size: 1 slice  
(33 grams)

Calories: 90  
Total Fat: 2 grams  
Carbs: 17 grams  
Protein: 3 grams  
Fiber: 2 grams

How many grams of protein are in 1 slice of white bread?

How many grams of protein are in 1 slice of whole grain bread?

How much fiber does the whole grain bread have?

How much fiber does the white bread have?

Which is the health-smart choice with higher amounts of nutrients?