

Who Am I? The Grains Group

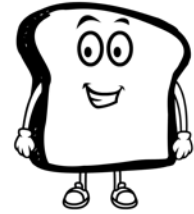


We are the grains food group. Can you guess our name? We come from different grains like oats, barley, wheat and rice. Look for 100% whole grains to be sure you are getting the real deal! We have lots of fiber that helps you feel great and be healthy!

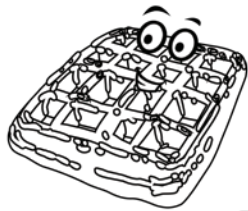
Draw a line from the grain food to the name.
Color the page when you are done!



oatmeal



bread



pancake



ravioli



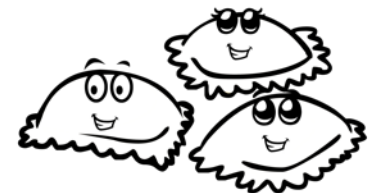
rice



popcorn



spaghetti



cereal

bagel



waffle



cracker

pretzel



macaroni

