Chef Solus Energy Pals - Meet the Grains Group!

Hello! We are the Grains Group!

Whole grains give you fiber and that keeps your heart happy!

Whole grains are usually brown, not white.

Look for 100% whole grains!

Whole wheat flour, bulgar, oatmeal, and brown rice are types of whole grains.

We come from rice, oats, barley and wheat!
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Meet my pals, the Grains Group.
I try to cook most of my dishes with 100% whole grains!
Please color my friends.

Grains gives you lots of energy.

Eat 100% WHOLE GRAINS everyday!

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