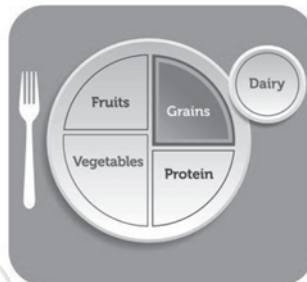




Name _____ Class _____ Date _____

What foods are in the Grains Food Group?

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



How many grain foods are needed daily?

The amount of grains you need to eat depends on your age, sex, and level of physical activity. Recommended daily amounts are listed in this table below.

Most Americans consume enough grains, but few are whole grains. At least half of all the grains eaten should be whole grains.

Daily Grain Recommendation

	AGE	AMOUNT
CHILDREN	2-3 years old	1 ½ ounces
	4-8 years old	2 ½ ounces
GIRLS	9-13 years old	3 ounces
	14-18 years old	3 ounces



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Whole Grains

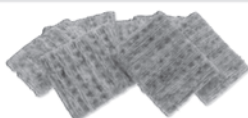
- brown rice
- buckwheat
- bulgur
- kamut
- millet
- muesli
- oatmeal
- popcorn
- quinoa
- rolled oats
- sorghum
- whole grain barley
- whole grain cornmeal
- whole grain sorghum
- whole rye
- whole wheat bread
- whole wheat cereal flakes
- whole wheat crackers
- whole wheat pasta
- whole wheat tortillas
- wild rice



Refined Grains*

- bagels
- biscuits
- breadcrumbs
- cakes
- cookies
- corn flakes
- corn tortillas
- cornbread
- couscous
- crackers
- muffins
- flour tortilla
- grits
- hominy
- matzo
- naan
- noodles
- pancakes
- pasta
- pie crusts
- pita bread
- pizza crust
- polenta
- pretzels
- ramen noodles
- rice cakes
- rice vermicelli
- waffles
- white bread
- white rice

* These products are usually made from refined grains but some may also be made with whole grains. Check the ingredient list for the words "whole grain," "whole wheat," etc., to decide if they are made from a whole grain.





Name _____ Class _____ Date _____

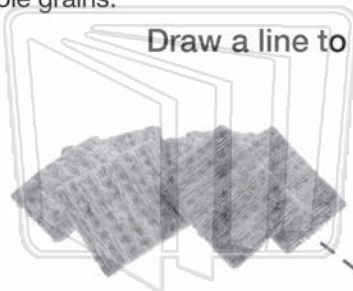
Foods in the Grains Group

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

Make Half Your Grains Whole Grains!

Most Americans consume enough grains, but few are whole grains. At least half of all the grains you eat should be whole grains.

Draw a line to sort these foods into Refined Grains or Whole Grains.



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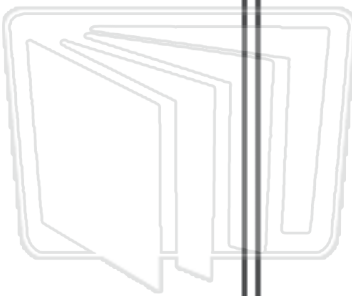
Name _____ Class _____ Date _____

Use the list of foods below to plan your meals for a day.
Remember to vary your choices and make **half** your grains **whole grains!**

VEGETABLES	FRUITS	GRAINS	PROTEIN	DAIRY
small bowl of romaine lettuce (1/2 cup)	small orange (1/2 cup)	2 slices whole-wheat bread (2 oz whole grains)	slice of turkey (1 oz)	glass fat-free milk (1 cup)
small bowl spinach (1/2 cup)	small apple (1/2 cup)	5 whole-wheat crackers (1 oz whole grains)	1 hard-boiled egg (1 oz)	2 slices low-fat Swiss cheese (1 cup)
medium baked potato (1 cup)	large banana (1 cup)	1/2 cup cooked brown rice (1 oz whole grains)	1/2 cup cooked black beans (2 oz)	1.5 oz low-fat shredded cheddar cheese (1 cup)
12 baby carrots (1 cup)	16 grapes (1/2 cup)	packet of instant oatmeal (1 oz whole grains)	small hamburger patty (3 oz)	snack-size container low-fat yogurt (1/2 cup)
large sweet potato (1 cup)	mango (1 cup)	3 cups popped popcorn (1 oz whole grains)	small chicken breast half (3 oz)	1 fat-free milk chug (1 cup)

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NEW PATH LEARNING



Name _____ Class _____ Date _____


1 **Grains** are an important source of **nutrients**, including dietary fiber, _____, and minerals.

A B vitamins
B water
C oils
D calories



5 About **how much** of the grains you eat should be **whole grains**?

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



2 **Refined grains** are grains that have been **milled**, a process that removes the bran and germ. Which of these

A
B
C
D

6 What is the **best way** to know that the bread you are buying is a **whole-grain bread**?

or.
hole."





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4 **Refined grains** are grains that have been **milled**, a process that removes the bran and germ. Which of these foods is a **refined grain**?

A oatmeal
B bulgur (cracked wheat)
C white rice
D popcorn



8 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





Name _____ Class _____ Date _____

Answer Sheet

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