

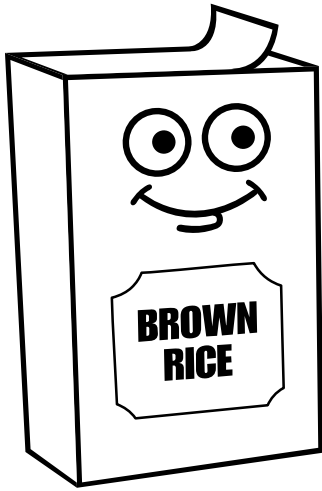
Healthy Activities for Cool Kids – Ages 6-10

# Great Grains

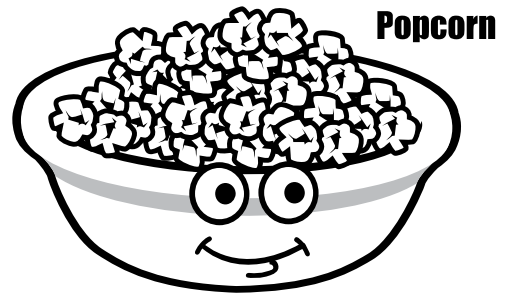
Eat grains for energy to run, play and study!  
Choose whole grains.



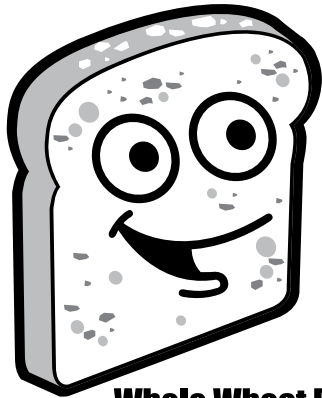
**Instructions:** Circle the whole grains



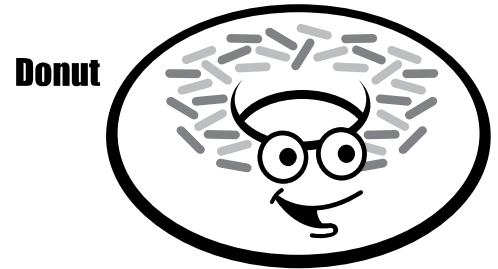
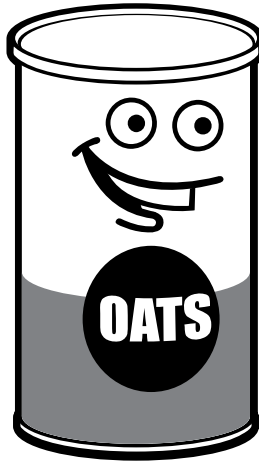
Cupcake



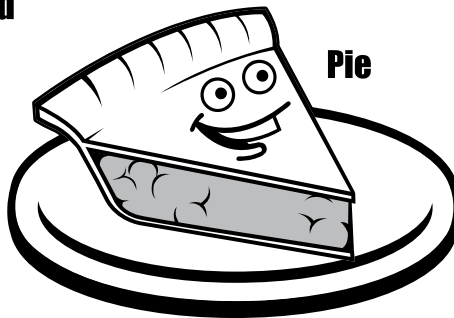
Popcorn



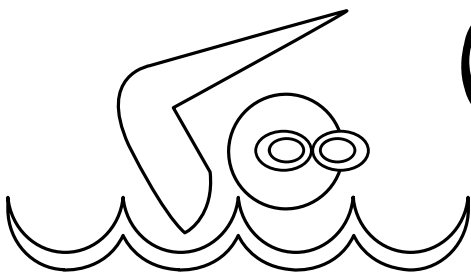
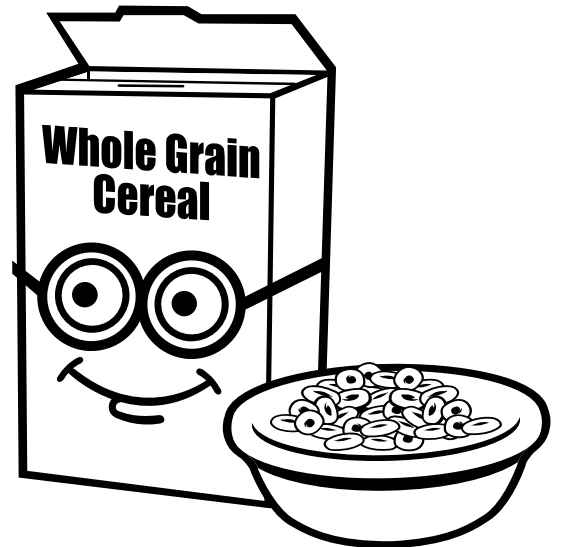
Whole Wheat Bread



Donut



Pie



Answers: Whole grains are popcorn, whole wheat bread, whole grain cereal, oatmeal and brown rice. Duplication without permission is prohibited.