

# Instructions for Grains Group Food Chart

## Supplies:

- ◆ Chart paper
- ◆ Markers
- ◆ Red, yellow and green sticky dots

## Instructions:

1. Reproduce the chart in the illustration below on chart paper.
2. Create the Code Box following the illustration below.

Cereal	Pastas	Bread/Rolls	Other

**Code:**

- Whole grain
- Refined grain
- Sometimes grain

