

Healthy Choices from the Grains Group Fact Sheet

Name _____

1. Grains Group foods are important for our body because they give our bodies

_____.

2. *Whole grains* are healthier than *refine grains* because they (circle all the correct answers):

Give us a healthy heart

Help our digestion

3. Circle all the *whole grain* foods.

White bread



Whole wheat bread



Popcorn



Oatmeal



Donut



Muesli



Brown rice



White rice



Rigatoni

