

Who Am I? The Grains Group



We are the grains food group. Can you guess our name? We come from different grains like oats, barley, wheat and rice. Look for 100% whole grains to be sure you are getting the real deal! We have lots of fiber that helps you feel great and be healthy!

Draw a line from the grain food to the name.
Color the page when you are done!



oatmeal

bread

pancake

ravioli

rice

flour

spaghetti

cereal

bagel

waffle

cracker

pretzel

macaroni

