

OATS

m x r i w g k k c a
 i s t r e n g t h n
 n v w c d e z p t v
 e i n i q n q w w y
 r t a p g e m k o t
 a a x t h r b n m a
 l m c w y g w d c s
 s i e l d y e n y t
 l n b h e a l t h y
 w s y z o n j r t p

WORD SEARCH
 Circle all the benefits of whole grains.

energy
healthy

tasty
strength

vitamins
minerals

CHOO! CHOO!
 CHOOse your favorite foods made from whole wheat.

WHEAT



Pasta



Bread



Muffins



Pancakes



Cereal