

Name: _____

Date: _____

Great Grains

E J L O N O O D L E A B Q P H E S
N K E L X B R A N E J A K U C N D
D T A Q U V S S X X S R L I A W J
O A V S S Y Q P I D V L R T H J Q
S E E L N S H E S D L E B E D J U
P H N E I U I L X L C Y A I V Z I
E W E N A O N T K K O T N X J R N
R E D R R C W H O L E G R A I N O
M L B E G S R G V M I L L E T Y A
U O R K X U P S F H Q C H D V O O
V H E E Z O A V S E V T W Y A L J
L W A G S C S H H R N P W F D P P
S G D K H C T F L A T B R E A D U
F F E T N O A V R N S S T A O Y Q
V S D T E R U A J D S Y K A S H A
J K Z S N N M E T N E D L A A R P
T E Y R H A M A C A R O N I G J A

LEAVENEDBREAD
FLATBREAD
ALDENTE
MILLET
PASTA
CORN
TEFF

WHOLEGRAIN
AMARANTH
KERNELS
NOODLE
SPELT
HULL
RYE

WHOLEWHEAT
COUSCOUS
BARLEY
QUINOA
WHEAT
OATS

ENDOSPERM
MACARONI
GRAINS
KASHA
BRAN
RICE