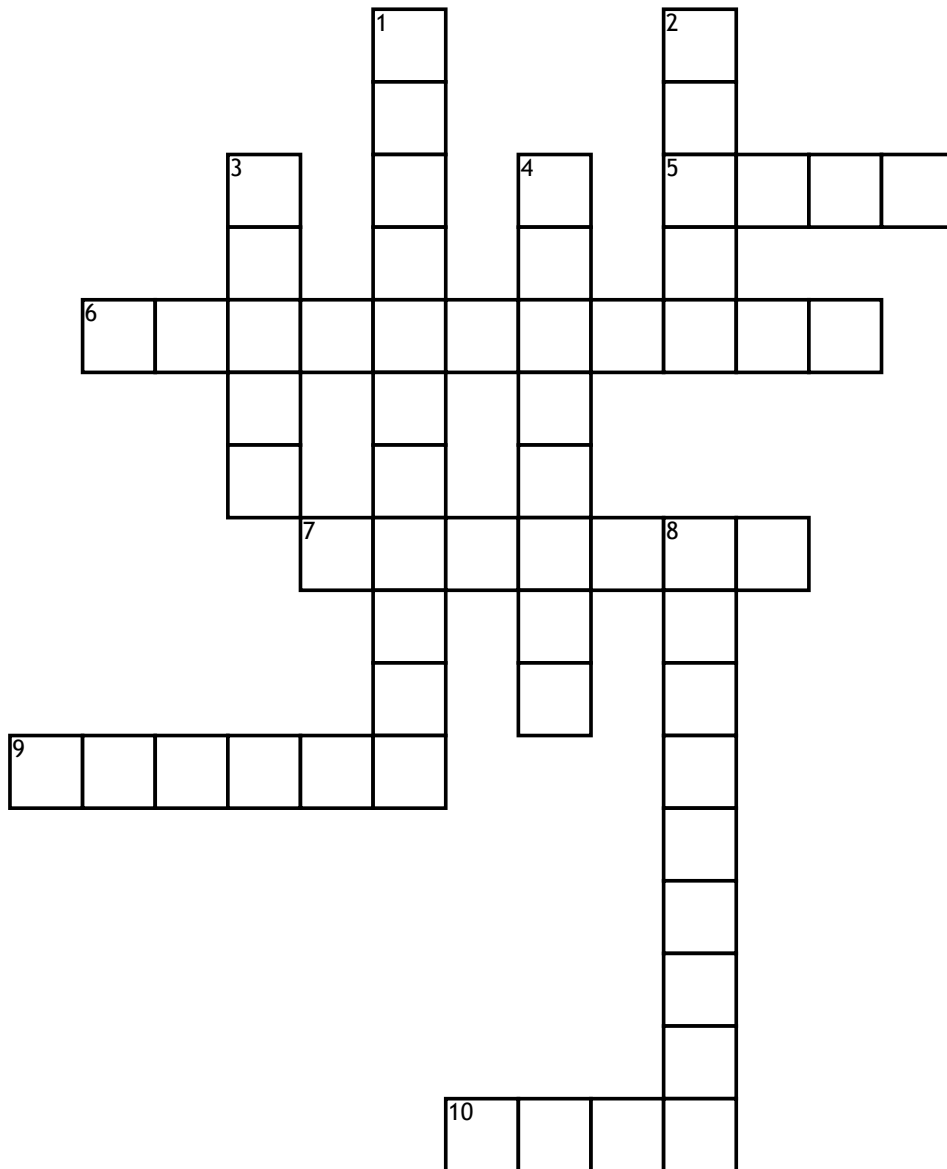


Whole Grains and Refined Grains



Across

5. A component which as a multi outer shell
6. whole grains can contain some fatty acids that can help reduce
7. There are two types of grains, whole and
9. Bran, germ and endosperm are components of
10. The smallest part of the grain.

Down

1. The label list the names on food containers
2. What item is not added back into the the grains after is has been milled
3. What grains are a good sources of fiber
4. Whole grains contain
8. What provides protein and energy from carbohydrates