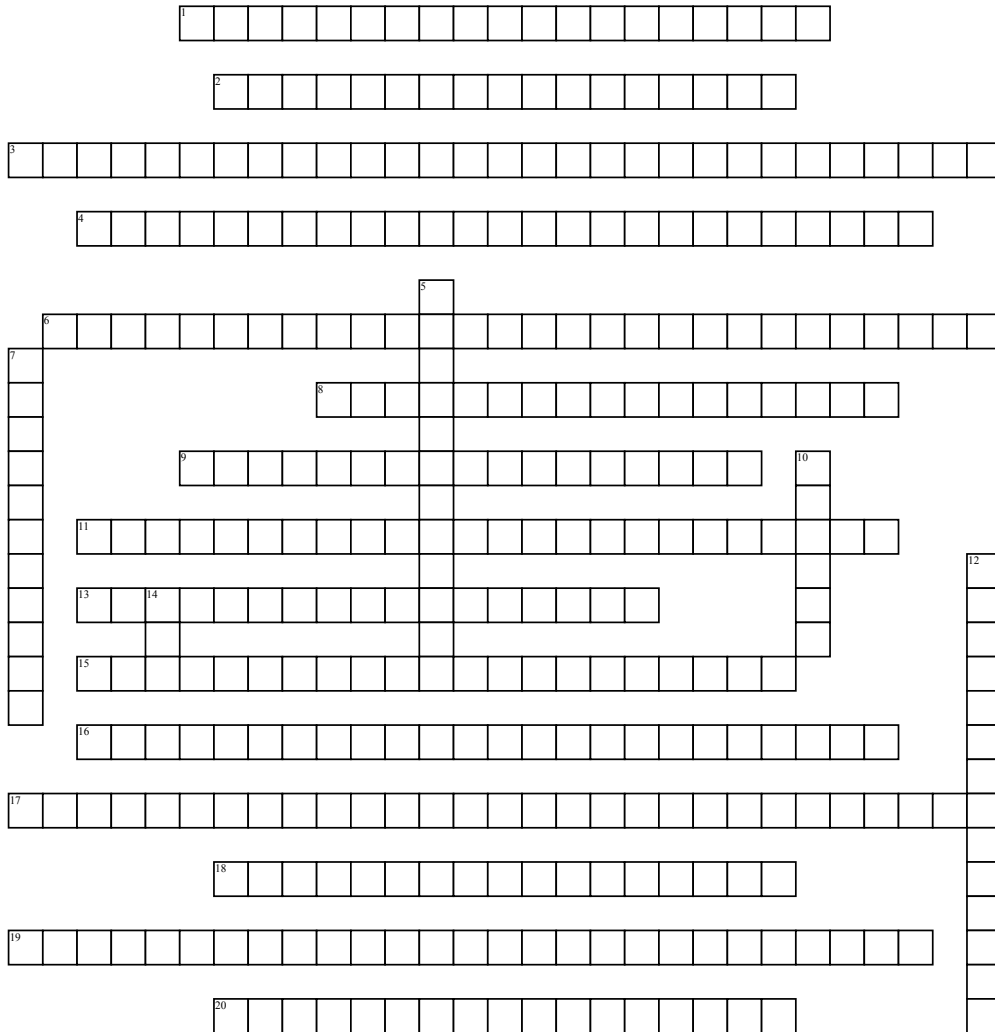


YouTube "Grains-What are Grains-Whole Grains-Refined Grains" 1/21/16 by Whats Up Dude Time 1:52



Across

1. Which common ingredient is found in bread, pasta, oatmeal, cereal, tortillas?
2. What will help lower triglyceride levels?
3. What makes up an entire kernel of grain?
4. What is another reason refined grains are more unhealthy than whole grains?
6. What is known as a "Refined grain"?
8. What helps lower spikes in blood sugar?
9. What helps reduce hypertension (High blood pressure) and obesity?
11. How is a grain described?

Word Bank

- Entire kernel grain
- Grain Harvest
- Eating Whole Grains
- Two
- Eating Whole Grains
- Small hard dry seed of a plant.
- China, USA and India

13. What will help decrease the risk of cardiovascular (Heart & Bloodvessels) disease?

15. How is rice and wheat mostly used?
16. Why are refined grains more unhealthy than whole grains?
17. How is corn mostly used?
18. What is known as a "Whole Grain"?
19. What nutritional and strutral differences are in whole grains compared to refined grains?
20. Where is 1/2 of the grain produced in the world?

- Eating Whole Grains
- Eating Whole Grains
- Lose bran & germ; alone endosperm
- Enriched with less nutrients
- Whole Wheat has bran & germ fiber
- 3 parts: bran, endosperm, and germ
- Grains

Down

5. How is corn, rice and wheat mostly used?
7. What kind of grains should you be eating to be the healthiest you can be?
10. What are barley, oats, quinoa, corn, rice, and wheat called?
12. What drawing is used to show essential parts of a balanced diet?
14. How many categories is grain divided?

- Whole Grains
- Foods made from grains
- Livestock and poultry animal food
- My Plate Drawing
- Food products for people
- Stripped of bran & germ fiber