

**NOURISH**  
KIDS TO  
**WHAT'S NEXT**

**FABULOUS FIBER:** Aside from being a key nutrient, fiber is a big part of having a healthy digestive system.

**VITAMINS, MINERALS, AND OTHER NUTRIENTS:** Whole grains contain B-vitamins, vitamin E, minerals and other nutrients which are important to good health. Eating whole grains now can help keep you healthy into the future!

**HEALTHY HEARTS:** Whole grains are part of a diet that may help keep your heart healthy as you grow and get bigger and stronger.

**ENERGY SOURCE:** They are a great source of energy for your busy days in the classroom, on the playing field, and as you participate in clubs and activities. (and do your homework!)

**LET'S FINISH THE WHOLE STORY:** WHOLE GRAINS ARE AN IMPORTANT PART OF A HEALTHY DIET.

**ALL THIS IS IMPORTANT?** Let's finish the whole story: Whole grains are part of a diet that may help keep your heart healthy as you grow and get bigger and stronger.

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**LET'S DIVE INTO ALL THINGS WHOLE GRAINS!**

# THE WHOLE STORY ON WHOLE GRAINS

**LET'S DIVE INTO ALL THINGS WHOLE GRAINS!**

**WHAT EXACTLY IS A GRAIN?**  
GRAINS ARE FRUIT SEEDS FROM CEREAL CROPS LIKE WHEAT, CORN, BARLEY, OR OATS. A SINGLE GRAIN PIECE IS CALLED A KERNEL, JUST LIKE A CORN KERNEL!

**THE PARTS OF A GRAIN:**  
THERE ARE THREE PARTS TO EVERY GRAIN, THE BRAN, THE ENDOSPERM, AND THE GERM. LET'S LOOK AT EACH ONE:

- 1. THE BRAN:** The bran of a kernel acts as a protective outer layer, just like when you wear a raincoat. The bran contains fiber, B vitamins, and other minerals.
- 2. THE ENDOSPERM:** The endosperm acts as the fuel source for the kernel. It is the biggest part of the grain kernel.
- 3. THE GERM:** The germ contains B-vitamins, vitamin E and healthy fats for the plant as it grows, sprouts, and reproduces.

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