

# JUMP ON THE TRAIN

WHOLE GRAIN



## RICE

**DRAW IT!**

Create your own whole grain cereal piece.

**WORD SEARCH**

Circle all the benefits of whole grains.

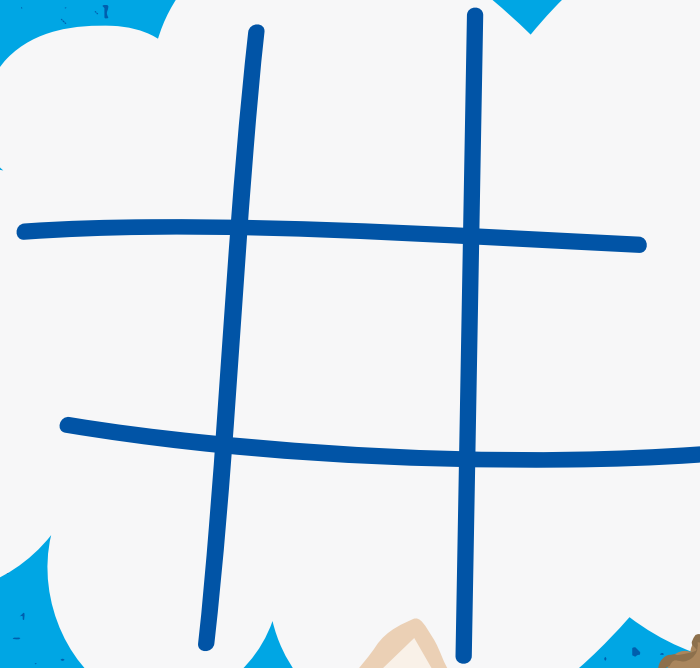
## OATS

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

energy  
healthy

tasty  
strength

vitamins  
minerals



**TIC TAC TOE**

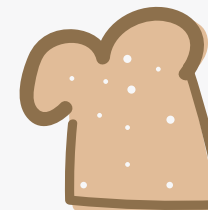
Find a friend and play using 2 different cereal shapes. Get 3 pieces in a row to win!



## WHEAT

**CHOO! CHOO!**

CHOOse your favorite foods made from whole wheat.



Bread



Muffins



Pasta



Cereal



Pancakes