

The Grain Group

Food in the Grain Group



- Circle the foods you like from the grain group.

We need to eat 6 to 11 servings of grain each day

6

to

11

What is a serving?



1 piece of bread



5 whole wheat crackers



½ cup rice or oatmeal



3 cups popcorn



7 saltine crackers



1 cup cold cereal

How many cups of cereal make one serving? Write it down. _____

How many cups of rice is one serving? _____

How many pieces of bread is one serving? _____

Half of our servings of grain need to be whole grains



Whole Wheat Bread



Brown Rice



Wholegrain Muffin

Circle your favorite whole grain in the picture?

Color in the box with how much of your grains should be whole grains.



What is your favorite food in the grain group?



Circle your favorites.

What Can I Do?



Eat whole wheat bread instead of white bread

- What change can you make because of what you learned today?
Choose to eat whole wheat bread instead of white bread.