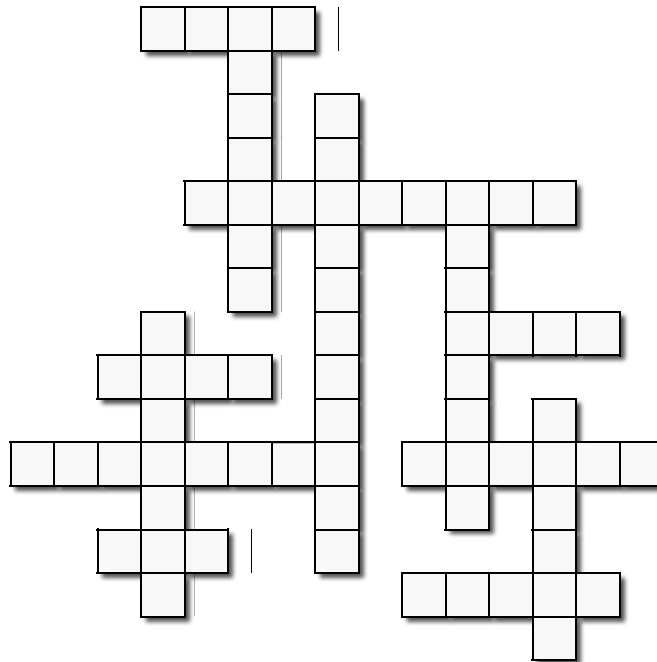


Whole Grains

1 2



Created using the Crossword Maker on TheTeachersCorner.net

Across

1. Contains B vitamins and fats, is the embryo of the wheat seed (germ)
4. Largest portion of wheat seed, contains carbohydrates (endosperm)
7. Whole wheat is a major source of this, it carries oxygen in the blood (iron)
8. Outer skin of wheat seed, contains fiber (bran)
10. Round, made from corn or flour, can't make a burrito without one (tortilla)
11. Can be a good breakfast and source of whole grains but may have a lot of sugar (cereal)
12. How many servings of grains to eat daily (six)
13. Keeps us feeling full, helps our digestive tract work (fiber)

Down

2. Processed grain products that do not include all 3 original parts (refined)
3. Contains all components of original wheat seed (whole_grain)
5. Type of wheat product that has vitamins and minerals added to it (enriched)
6. Provides energy to our bodies, we can't make it ourselves (protein)
9. The natural seed of the wheat plant (kernel)

