Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Whole Grain Questions**

Use What’s a Whole Grain? A Refined Grain? Handout and A Primer on Whole Grains handout to complete the following questions.

1. What are whole grains? Why are they important?
2. What nutrients are provided by whole grains?
3. What are the types of grains you can buy?
4. What is 1 change you could make to introduce more whole grains into your diet?
5. What are the 3 parts of a whole grain? Draw and label the cereal grain kernel.
6. How can you be sure that you are buying a whole grain at the store?
7. Name the nutrients that gets removed or lessened when grains are refined.
8. Name one potential health benefit of eating more whole grains.
9. How many servings of whole grains should we eat per day?
10. Is enriched wheat a whole grain? What is the difference between the two?
11. Does whole mean the same thing as whole grain? Explain the difference between the two definitions.