

Whole Grain Scavenger Hunt

Now that you know how to find whole grains, use your detective skills to see if the grains in your house are whole grains. Make a list of all the grains in your pantry. Put a star next to the ones that are whole grains.

1: _____

2: _____

3: _____

4: _____

5: _____

6: _____

7: _____

8: _____

9: _____

10: _____

Examples of whole grains: whole wheat, popcorn, barley, oats, brown rice, millet, quinoa, bulgur, buckwheat, rye

