

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

WORD SCRAMBLE-WHOLE GRAINS

Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO

--	--	--	--	--	--	--	--

10

NRBOW ICER

--	--	--	--	--	--	--	--	--	--

13

12

LEISUM

--	--	--	--	--	--	--

14

EKAWTBHCU

--	--	--	--	--	--	--	--	--	--

2

HOEWL TEWAH ABDER

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

4

11

3

8

TEAMALO

--	--	--	--	--	--	--	--

6

7

LEWOH NIAGR YABELR

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

5

9

1

--	--	--

1 2 3

--	--	--	--	--	--

4 5 6 7 8

--	--	--	--	--	--	--	--

9 10 11 12 13 14

Adapted from

Team Up At Home Team Nutrition Activity Book

Answer key: popcorn, brown rice, muesli, buckwheat whole wheat bread, oatmeal, whole grain barley

