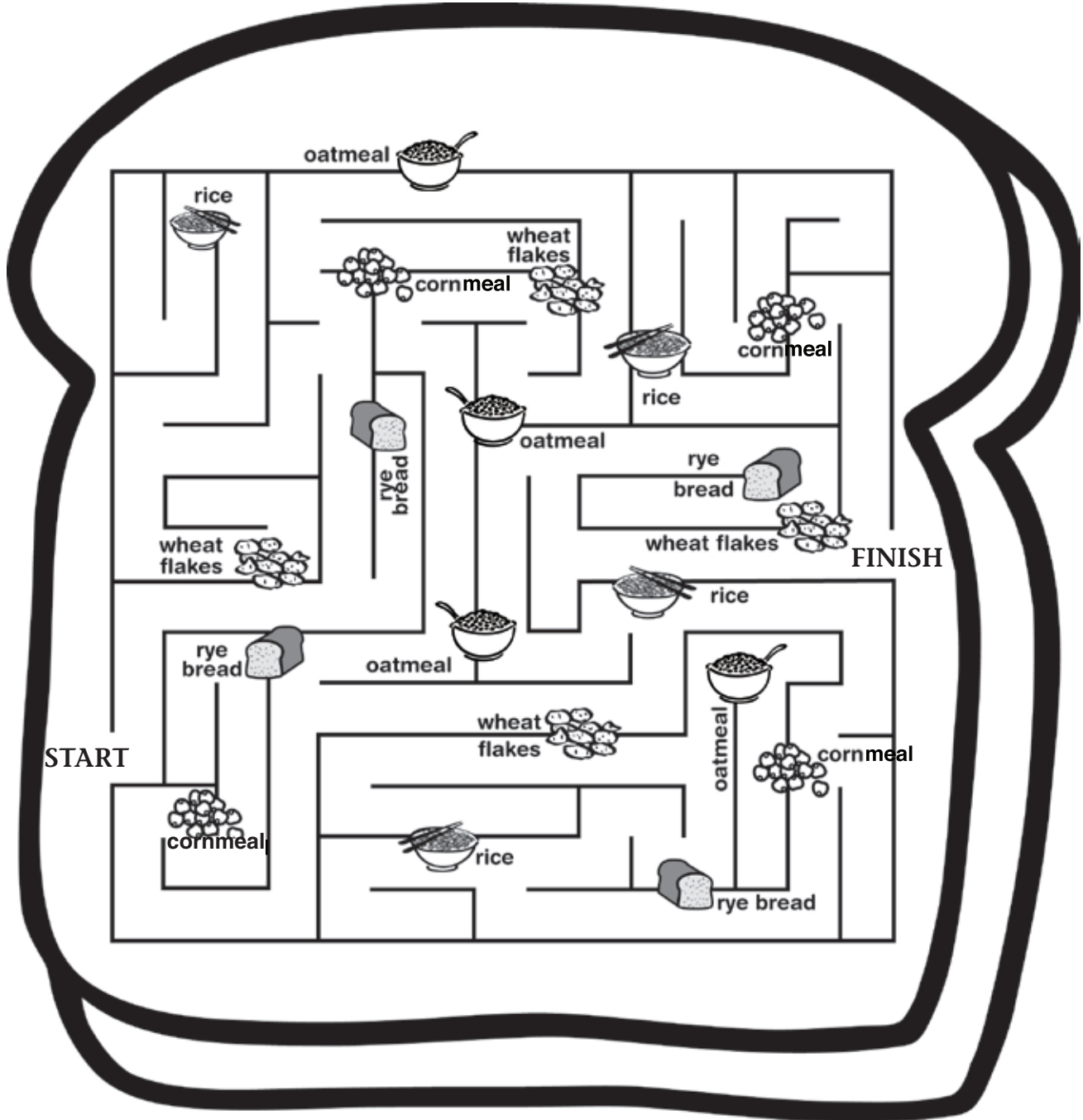


Name _____ Date _____

Many-Grain Bread

The slice of bread below is made from many types of grains.
Circle each grain as you solve the maze.



How many types of grains or grain foods did you circle? _____

What is your favorite food made from grains? _____

BONUS: The next time you go to the grocery store, see how many grain foods you can find.

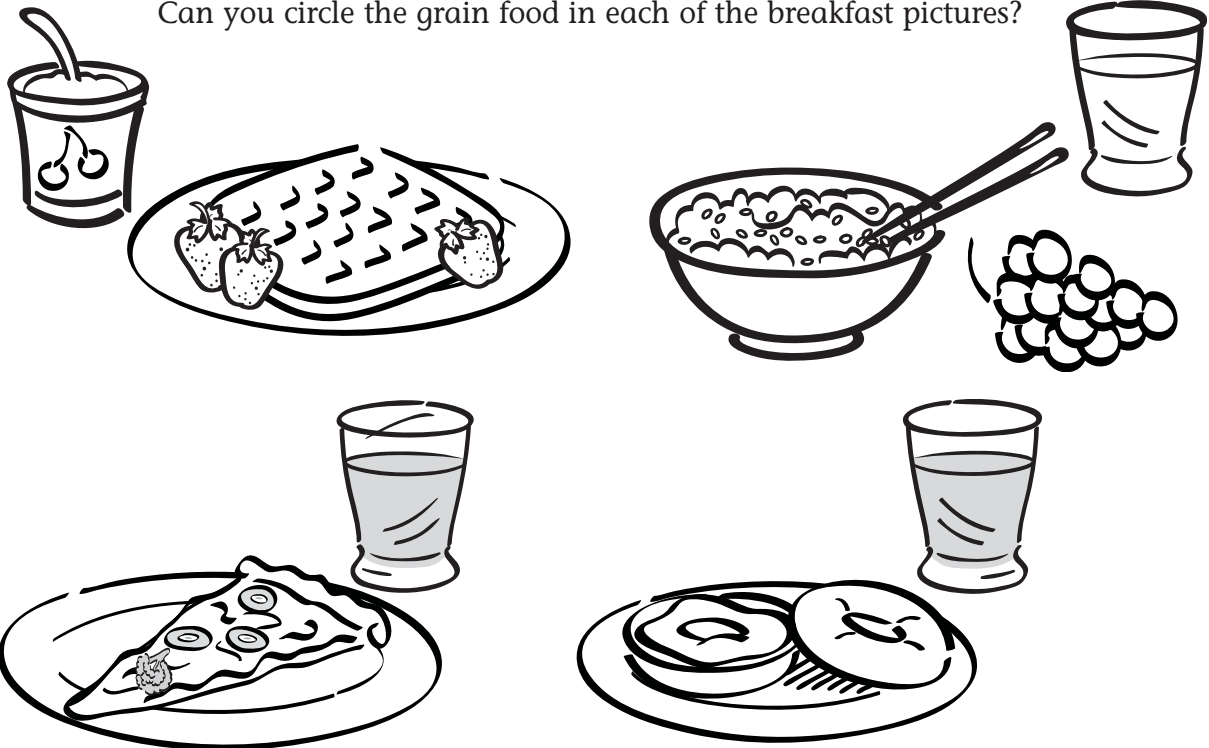
Name _____ Date _____

Grains Feed Brains!

If I were a car, I wouldn't get far
Without some gas, so please pass
Some human fuel (known as food),
To fill my tank and improve my mood!

Did you know that foods made from grains give your body the energy it needs to think and move? Eat grain foods such as bread, tortillas, rice or cereal every morning for breakfast.

Can you circle the grain food in each of the breakfast pictures?



Draw a picture of your favorite grain food.
Complete your picture by drawing other good foods that make it a complete breakfast.

Grains from Seed to Bread

Do you know the story of *The Little Red Hen*? The story begins with a grain of wheat (the wheat seed) and ends with a loaf of bread. Do you remember all the steps in between?

Directions:

1. Read *The Little Red Hen*.
2. Color the pictures below.
3. Cut out the pictures, put them in the correct order and glue on another sheet.

