Great Grains

Unscramble the words below to form words related to the grain group. Then use the numbered letters to form the secret message!

1. lawshinrgoe: __________ __________ __________ __________

2. argahm: __________ __________

3. atealom: __________

4. reiildcw: __ __ __ __ __ __ __

5. ceaelr: __________

6. wktaebchu: __________ __________ __________ __________

7. iberf: __________

8. ercdihen: __________ __________

9. pprcoon: __________ __________

10. bleayr: __ __ __ __

____ 1 2 3 4 5 6 7 8 9 10 11 12

____ 13 14 15 16 17 18 19 20 21 22 23

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Great Grains

KEY

1. lawshinrgoe- is whole-grains.
2. argahm is graham.
3. ateaoelm is oatmeal.
4. reiildcw is wild rice.
5. ceaelr is cereal.
6. wktaebchu is buckwheat
7. iberf is fiber.
8. ercdihen is enriched.
9. pprcoon is popcorn.
10. bleayr is barley.

Secret Phrase: Make half your grains whole!