

What's Your Favorite Grain Food?

My favorite grain food: _____

Where does it fit in the Grain Group?

At the base? At the tip? Somewhere in the middle?

Write the name of your favorite grain food where it belongs on the Grain Group band.



Grain Group

Make half your grains whole

Is YOUR favorite grain food an "everyday" food? _____

If not, will you change how often you eat this food? _____

Why or why not? _____