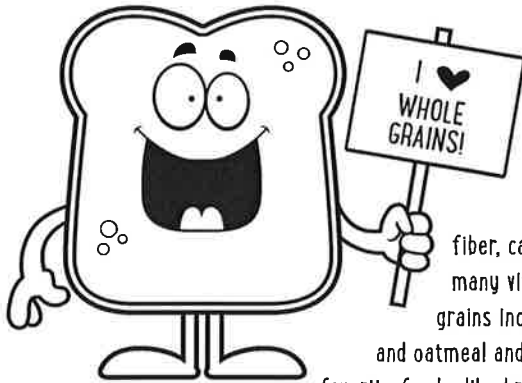


* GREAT GRAINS *



WHOLE GRAINS ARE AN IMPORTANT PART OF ANY HEALTHY DIET.

They are a good source of fiber, carbohydrates (energy), and many vitamins and minerals. Whole grains include brown rice, wheat, corn, and oatmeal and can be found in some of your favorite foods, like bread, popcorn, and oatmeal cookies! Look in your kitchen to find some of these items or others marked "Whole Wheat" or "Whole Grain" and remember to try to make half of your grains whole!

FUN FACT

Americans consume **52 quarts of popcorn** for every man, woman, and child.

WHOLE GRAIN WORD SEARCH

See if you can find the whole grains hidden in the puzzle below.

AMARANTH	BULGAR	OATS	RYE	WHEAT
BARLEY	CORN	QUINOA	SORGHUM	
BUCKWHEAT	MILLET	RICE	SPELT	

Y	C	T	F	Y	M	N	H	V	N	P	Y	L	T	X
T	V	F	Y	I	R	T	X	W	W	W	P	M	A	B
K	C	Z	L	O	N	T	T	B	B	N	C	A	E	H
S	K	L	C	A	A	Z	A	V	J	K	G	Z	H	P
X	E	K	R	Y	M	B	Z	E	F	S	C	A	W	U
T	U	A	K	N	E	I	A	A	H	K	V	T	K	Y
R	M	U	N	O	A	T	S	R	H	W	N	L	C	B
A	R	J	D	X	L	P	F	Y	L	U	P	E	U	R
S	O	R	G	H	U	M	G	E	U	E	J	P	B	E
A	O	N	I	U	Q	P	L	M	W	B	Y	S	T	Y
S	P	S	O	H	O	R	A	O	B	U	I	M	V	M
T	R	I	Y	L	H	M	I	Q	E	L	A	V	F	Z
N	A	Z	V	P	A	L	L	C	Y	G	N	S	L	Q
S	Q	N	I	E	S	C	M	D	E	A	P	F	X	X
U	O	J	M	L	U	R	N	W	N	R	E	E	O	R

BROWN RICE PUDDING RECIPE

Ask an adult for assistance in using the stove for this recipe.

INGREDIENTS:

- 2 cups cooked brown rice
- 1 ½ cups milk
- ¼ cup honey
- 1 Tbsp. butter
- ½ tsp. nutmeg
- ½ tsp. cinnamon
- 1 tsp. vanilla
- 1 cup dried fruit (raisins, cranberries, etc.), if desired

DIRECTIONS:

1. In a medium saucepan, combine rice, milk, honey, and dried fruit. Bring to a boil.
2. Reduce heat and simmer 20 minutes, stirring frequently.
3. Remove from heat and stir in butter, spices, and vanilla.



ANSWERS FOR THE PUZZLE.

SEE HOW YOU DID!

P	O	R	E	N	R	E	N	W	N	R	U	L	M	J	O	U
X	X	F	N	D	E	C	M	D	S	C	I	E	S	I	N	S
L	Q	S	N	S	L	C	V	A	L	V	P	A	V	Z	N	N
Z	F	V	L	A	V	I	Q	E	L	H	L	I	R	I	T	R
M	V	M	I	M	A	O	R	A	O	H	O	S	O	S	O	S
Y	S	T	Y	P	B	E	J	P	B	E	J	P	B	E	J	P
R	U	R	E	U	R	E	U	R	E	U	R	E	U	R	E	U
B	C	B	N	L	C	B	N	L	C	B	N	L	C	B	N	L
Y	K	Y	A	H	K	Y	A	H	K	Y	A	H	K	Y	A	H
U	A	W	E	K	R	A	B	Y	S	T	Y	P	B	E	J	P
P	H	P	Z	G	J	K	G	Z	H	P	Z	G	J	K	G	Z
H	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C	A
A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A
X	L	Y	P	N	H	N	H	N	H	N	H	N	H	N	H	N