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1 Breads made with whole grains are very healthy for you. *Why?*

2 Fiber's good for your heart and digestive tract. Most people need 25-35 grams every day. Get your fiber by eating fruits, veggies, and whole grains! *Did you eat fiber yesterday?*

3 Buckwheat is sometimes used to make noodles or ground into flour to make bread or pancakes. *What is your favorite way to eat or prepare noodles?*

4 What is the main ingredient of bread? Bread is made from flour from wheat, rye, or other grains. *What's your favorite type of bread?*

5 How can you tell if a cereal is a whole grain? The first ingredient in the list should say **WHOLE** grain. *Look at the ingredients on some labels in the classroom.*

8 Make your cookies or baked treats a little healthier by adding whole grain flour, oatmeal, or dried fruit. *What is your favorite whole grain snack?*

9 To keep your heart working its best, eat foods with lots of fiber like fruits, vegetables and whole grains. *Graph how many different fiber foods you ate yesterday.*

10 Cereals aren't just for breakfast. Grab a snack bag of whole grain cereal for a quick energy boost any time! *What else can you mix into your cereal for variety?*

11 Folic acid is a B vitamin that is important for proper cell growth. Whole grains are an excellent source of folic acid. *Name a whole grain food.*

12 Rice is a type of grain. White rice is a refined grain. Brown rice is a whole grain. *Which one is better?*



15 **President's Day**
(No School)

16 Bran is the outermost layer of grain. It contains fiber, B vitamins, and phytochemicals. *Name a cereal that has fiber.*

17 Use whole grain bread or rolls to make a healthier sandwich. *Write instructions for making your favorite sandwich.*

18 We get B vitamins from grains. They are essential for a healthy nervous system. *What other vitamins can you name?*

19 Fiber helps food pass through our digestive system easily. *Name five foods that contain fiber.*

22 Whole grains are very nutritious. They are rich in fiber, vitamin E and B vitamins, zinc, and copper. *How many students had a whole grain food yesterday?*

23 Choose a whole grain snack such as toasted oat cereal. Cereal can be a snack and a breakfast food. *How many students eat cereal for a snack? What's the percentage?*

24 Fiber helps reduce the chances of developing heart disease and diabetes. It also helps our digestive system move food through our bodies. *Did you eat fiber today?*

25 We use flour to make energy-giving foods like bread, pasta, cereal, and pancakes. *How many students ate something made with flour for breakfast today?*

26 Millet is a less-common grain with a mild, nutty flavor. *Name some other less-common grains.*

