

Name:

Choose My Plate: Grain Information

1. Log onto the computer. Go to www.choosemyplate.gov
2. Click on Myplate in the left hand corner. Click on the grain box. Answer the following questions by searching through the grain information. (Click on each section and read through the information)
3. Grains are divided into what 2 subgroups?
4. What does a whole grain include?
5. What is a refined grain?
6. What does enriched mean?
7. List 5 foods that are included in the grain group.
8. List two foods that are whole grains.

