

## Identifying Whole Grain-Rich Products Worksheet

Directions: Identify which of these grains can be credited as a whole grain rich product. Place a mark in the Yes, It is a Whole Grain or No, It is not a Whole Grain column. Justify your answer by writing a brief comment next to your answer.

<b>Grains</b>	<b>Yes, It is a Whole Grain or No, It is not a Whole Grain</b>
Amaranth	
Bulgur (cracked wheat)	
Buckwheat groats	
Brown rice	
Couscous	
Degerminated cornmeal	
Graham flour	
Grits	
Instant oatmeal	
Long-grain white rice	
Millet flakes	

## Identifying Whole Grain-Rich Products Worksheet

Directions: Identify which of these grains can be credited as a whole grain rich product. Place a mark in the Yes, It is a Whole Grain or No, It is not a Whole Grain column. Justify your answer by writing a brief comment next to your answer.

Pearled (also called pearl) barley	
Quinoa	
Semolina	
Wheat flour	
Rye berries	
Whole grain barley	
Whole wheat Flour	
White whole wheat flour	