

Whole Grains Label Reading Activity Directions

Collect some or all of the following food labels:

Whole Grains:

Sunchips

Doritos

Tostitos Tortilla Chips

Honey Nut Cheerios

Oatmeal (Old Fashioned, quick, instant)

Quaker Oatmeal Squares

Corn Taco Shells

Kashi Granola Bars (Honey Almond Flax, Trail Mix, Peanut Peanut Butter)

Minute Rice Brown Rice

Triscuit Crackers (Regular and Thin Crisps)

Whole Wheat Pasta

Rice a Roni Savory Whole Grains Spanish Rice

Multi grain Wheat Thins

Cranberry Almond Crunch Cereal

Microwave Popcorn

100% Whole Wheat Bread

*Baker Boy Dinner Roll Dough with Whole Grain (11124)

Enriched:

Country Hearth Kid's Choice White Bread made with whole grain

Rice Krispies Cereal

Flour tortillas

Minute rice (white rice)

Creamette Pasta (any kind that is white)

Regular Rice a Roni

Wheat Thins

Special K Cereal

Country Hearth 12 Grain Bread

Cheetos

Eggo Nutrigrain Waffles

*Baker Boy Black Rye Bread Dough (10042)

*Baker Boy Cinnamon Sweet Roll Dough w/Whole Grain (12122)

*Baker Boy Wheat Dinner Roll Dough (11019)

*Baker Boy Apple Cinnamon Biscuit Dough (19021)

*Baker Boy Baked Lemon Poppyseed Muffin (36403)

*Baker Boy Brown and Serve Garlic Toast (20544)

*Baker Boy Brown and Serve Breadsticks (20610)

*Baker Boy labels are provided. Baker Boy is one of the largest grain suppliers to North Dakota Child Nutrition Programs. The labels were provided by US Foodservice.

DIRECTIONS: Have participants or groups of participants choose one or more labels (depending on class size) that they are interested in. Using the ingredient list, have them determine if the food is a whole grain or not. As time permits, share results of whole grain search!

Remember – a whole grain has to be the first ingredient in order for it to count as a whole grain or it has to carry the whole grain symbol.