

# Whole Grain Food Detective Activity

Directions: Think about all of the grain foods you have had in your home in the past 7 days. They can be fresh, dried flour mixes, or frozen. Mark a Yes or No on the table below if they have been present.

Whole grain cereals	____ Yes	____ No
Oatmeal	____ Yes	____ No
Granola or granola bars	____ Yes	____ No
Whole grain sliced bread	____ Yes	____ No
Whole grain pita bread	____ Yes	____ No
Whole grain English muffins	____ Yes	____ No
Whole grain bagel	____ Yes	____ No
Whole grain roll	____ Yes	____ No
Whole grain flour	____ Yes	____ No
Whole grain pancake mix	____ Yes	____ No
Whole grain pasta	____ Yes	____ No
Brown or wild rice	____ Yes	____ No
Whole grain flour tortillas	____ Yes	____ No
Whole grain corn taco	____ Yes	____ No
Whole grain crackers	____ Yes	____ No
Popcorn	____ Yes	____ No
Whole grain barley	____ Yes	____ No
Quinoa	____ Yes	____ No
Buckwheat	____ Yes	____ No

How many products are in your home: \_\_\_\_\_

Name one thing can you do to increase the number of whole grains in your diet: