



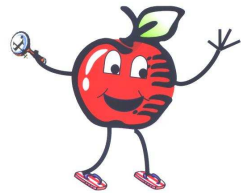
Healthy Hints



Providing Children Healthy Meals for Strong Minds

Eat "Great Grains" Every Meal!

Hi, I'm Big Red, your friendly healthy food detective. Won't you join me in helping folks learn how to eat right to build strong minds and bodies?



amount of fun exercise each day.

In each issue of **Healthy Hints**, we will talk about a specific issue, have

a good time with some fun facts, a fun activity and a fun recipe for you to try at home. So, let's get started!

Today's subject is grains.

Our job is mighty big. To be a healthy Food detective, you need to know how to eat right—which food and how much, and the right

Word Search

Find these grain words in the puzzle: **BREAD, OATS, RICE, NOODLE, WHEAT**



What other grain goods do you like? _____

A X E F C P P L Z X U O
G Z I M S A E V T W B
S O L C F O A T S A H V
J B N O O D L E Y S K V
W M M I V B K V J S K D
H G L E M F H L S F I H
D I B U E Z R I C E N A
D K U Z U A B R E A D R
R J Z D R I F X R C I H
E D G C D H W H E A T K
T W Q J Y P N E A Z O G
Z F D O M M G X L Q O

Fun Facts

- "Grains" are plants such as wheat, rice, oats, cornmeal, and other cereals.
- Grain foods give your body lots of vitamins.
- They also turn your food into energy to keep your body moving. Just like gas fuels a car, grains fuel people!

Did You Know?

- Some foods made from grains are: pasta, torillas, and popcorn?

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Make Whole-wheat Artwork

You will need:

- Peanut butter or jelly
- Whole-wheat bread

Spread peanut butter or jelly on a slice of whole-wheat bread. You can toast it if you want.

Design a picture using raisins and fruit slices.

Create Your Own Grain Jewelry

You will need:

- Ring-shaped cereal
- Yarn or string

Measure out 24 inches of yarn. String on cereal. Tie a knot in the yarn.

Now you've got an edible necklace! Make bracelets with shorter lengths of string.