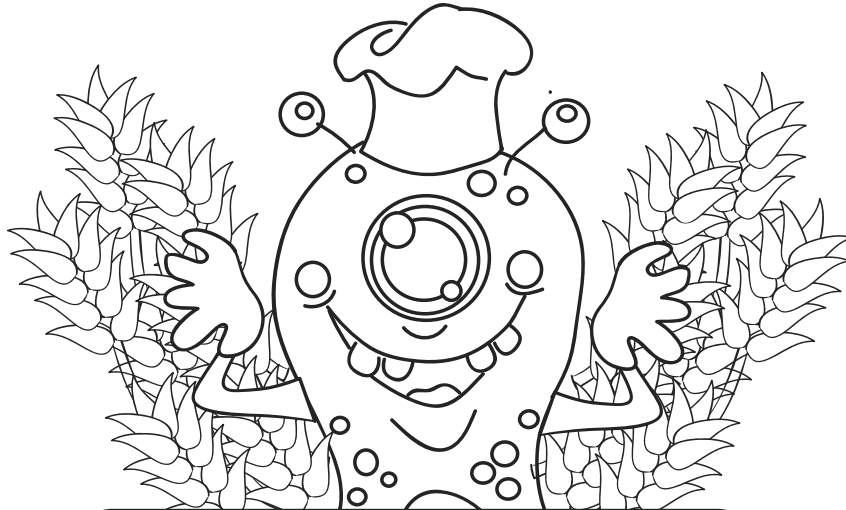


# Kids Zone

Find these great grains! Try to make half of your grains whole grains each day.



**brown rice**

**oatmeal**

**pretzels**

**cornbread**

**pita**

**spaghetti**

**grits**

**popcorn**

**tortillas**

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| C | O | R | N | B | R | E | A | D | D | T | G |
| S | P | P | R | E | T | Z | E | L | S | S | R |
| P | O | P | O | Z | A | O | A | T | I | P | I |
| A | T | C | C | A | N | A | L | O | R | A | N |
| G | O | S | P | I | T | T | I | A | A | G | T |
| T | R | E | O | T | I | M | T | S | E | H | S |
| S | T | I | P | B | R | E | E | T | G | E | E |
| L | I | O | T | P | O | P | R | A | A | T | D |
| E | L | T | A | S | W | N | O | P | L | T | E |
| Z | L | E | S | B | R | A | T | I | R | I | R |
| B | A | N | E | C | I | R | N | W | O | R | B |
| R | S | T | I | R | N | O | W | P | C | O | P |