

## What's for Breakfast? Worksheet 2 – Whole Grain or Not Whole Grain...*That is the question!*

Indicate whether each grain listed below is a **whole grain**.

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. Amaranth                            | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 2. Buckwheat groats                    | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 3. Bulgur (Cracked wheat)              | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 4. Brown rice                          | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 5. Cornmeal                            | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 6. Couscous                            | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 7. Degerminated cornmeal               | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 8. Graham flour                        | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 9. Grits                               | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 10. Instant oatmeal                    | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 11. Long-grain white rice              | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 12. Millet flakes                      | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 13. Pearled (also called pearl) barley | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 14. Quinoa                             | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 15. Rolled oats                        | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 16. Rye berries                        | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 17. Semolina                           | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 18. Wheat flour                        | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 19. Whole-grain barley                 | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 20. Whole-wheat flour                  | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 21. White whole-wheat flour            | <input type="checkbox"/> yes | <input type="checkbox"/> no |



The Connecticut State Department of Education's (CSDE) **What's for Breakfast** workshop training materials are available on the CSDE's [Meal Pattern Training Materials](#) Web page. This worksheet is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/wfb/wfbws2](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sbp/wfb/wfbws2).