

What's for Breakfast?

ANSWER KEY 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 checked="" type="checkbox"/> yes <input type="checkbox"/> no	
2. Buckwheat groats	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	They are usually cooked in a manner similar to cooking rice.
3. Bulgur (Cracked wheat)	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
4. Brown rice	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
5. Cornmeal	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	Only whole cornmeal or whole-grain cornmeal is whole grain.
6. Couscous	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	Couscous is not whole grain unless it is whole-wheat couscous.
7. Degerminated cornmeal	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	Only whole cornmeal or whole-grain cornmeal is whole grain. "Degerminated" means that the germ has been removed. Removing the germ from whole cornmeal results in a longer shelf life.
8. Graham flour	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	Graham flour is whole wheat flour that is slightly coarser than regular whole wheat flour. Note: Most graham cracker are made with enriched flour as the first ingredient and contain smaller amounts of graham flour.
9. Grits	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	Traditional grits are not whole grain. To count as WGR, they would have to be made from whole-grain corn. Specialty mills may produce whole-grain grits, but grits commonly available on the market are made by drying and grinding corn kernels from which the outer covering (pericarp), and sometimes the germ, have been removed.
10. Instant oatmeal	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	Whole oats (old fashioned, quick, and instant) are whole grain.
11. Long-grain white rice	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	White rice is not whole grain. White rice is produced by refining whole-grain rice to remove the germ and bran
12. Millet flakes	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
13. Pearled (also called pearl) barley	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	Pearled barley is not whole grain. "Pearled" indicates that the bran has been removed.
14. Quinoa	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
15. Rolled oats	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	Rolled oats are made by hulling and cleaning whole oats, then steaming and flattening them. Rolled oats are also called old fashioned oats
16. Rye berries	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	Various grains with "berries" listed after the grain (such as wheat, oat, and rye berries) are all whole grains.
17. Semolina	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	
18. Wheat flour	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	Must state "whole" wheat flour to be whole grain.


What's for Breakfast?

ANSWER KEY Worksheet 2, continued

19. Whole-grain barley	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
20. Whole-wheat flour	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	
21. White whole-wheat flour	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	The current wheat market in the United States includes red wheat and a small amount of white wheat. The brown color commonly associated with whole-wheat products results from the darker bran color of red wheat. White whole-wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Read the ingredient statement carefully on products labeled as “white wheat” as some of these products may not contain any white whole -wheat flour

Sources:

- Lunch Meal Pattern Instructor’s Manual, National Food Service Management Institute, Revised 2014. <http://nfsmi.org/ResourceOverview.aspx?ID=425>
- *Whole Grain Resource for the National School Lunch and School Breakfast Programs*, USDA, 2014.



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/wfbws2A.