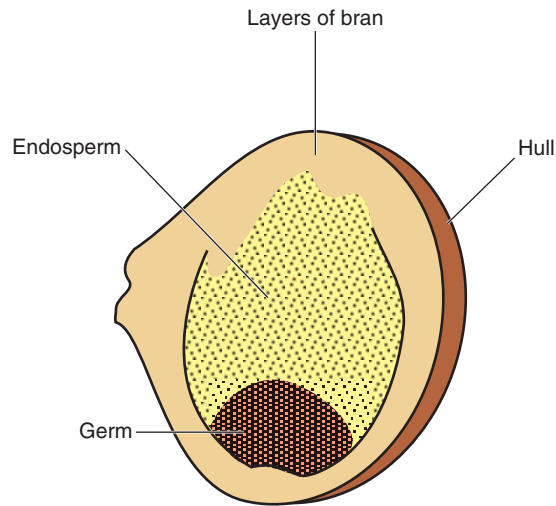


Going for the Whole Grain

Name _____



Directions

Write a paragraph explaining why it is important to eat whole grains. Name at least two whole-grain foods that you like to eat or would like to try.
