**Name: ­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**GRAINS**

 Use the Grains (Orange) section of MyPlate (http://www.choosemyplate.gov/food-groups) to find answers to these questions. You should read the opening page and then the **“What counts as an ounce?”**

1. Half of the grains you eat should be \_\_\_\_\_\_\_\_\_\_\_\_\_ grains. How many ounces of these should a teen have daily? \_\_\_\_\_\_\_\_\_\_\_\_\_

2. Grains are divided into two groups: \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_.

3. List three examples of grain products.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grains contain the entire grain kernel. Give two examples.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grains have been milled to remove the bran and germ. This improves their \_\_\_\_\_\_\_\_\_\_\_ life. Give two examples of this grain.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Next, go to “How much is needed?”**

6. Find the chart and copy your daily recommendation of grain for your age. Include both parts.

Girls \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Boys \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Click on “Health Benefits and Nutrients.”**

7. Give two benefits of eating grains.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. Grains are sources of what nutrients? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Click on “Tips to help you eat whole grains.”**

9. What are some tips for eating whole grains?

Be prepared in class to summarize the Grains food group by defining it, giving examples, and telling the daily recommendation for your age of grain products.