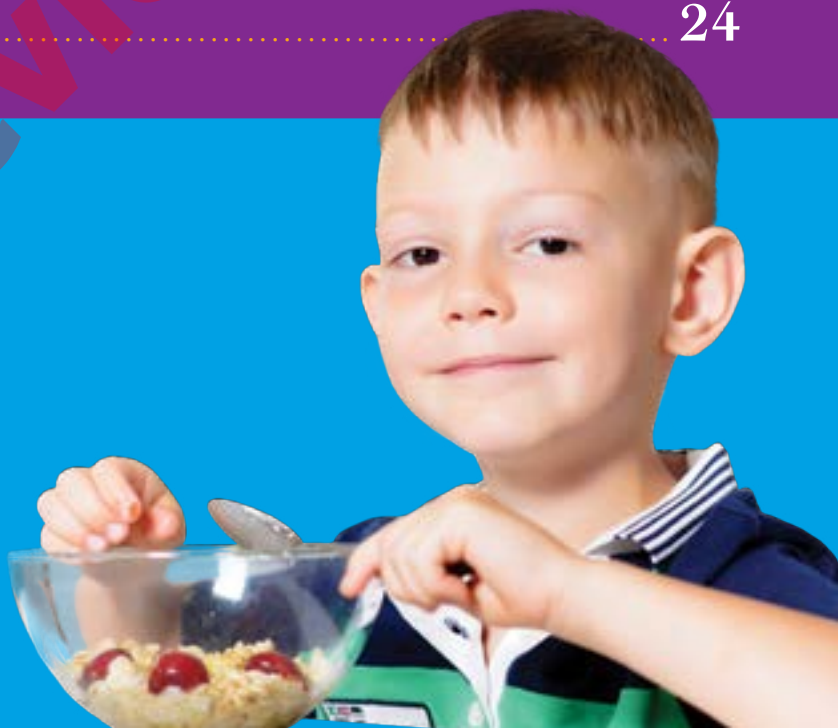

HEALTHY LIVING
GRAINS
Bullfrog
Books

Table of Contents

Good Food 4
Your Daily Grains 22
Picture Glossary 23
Index 24
To Learn More 24

For Review Only

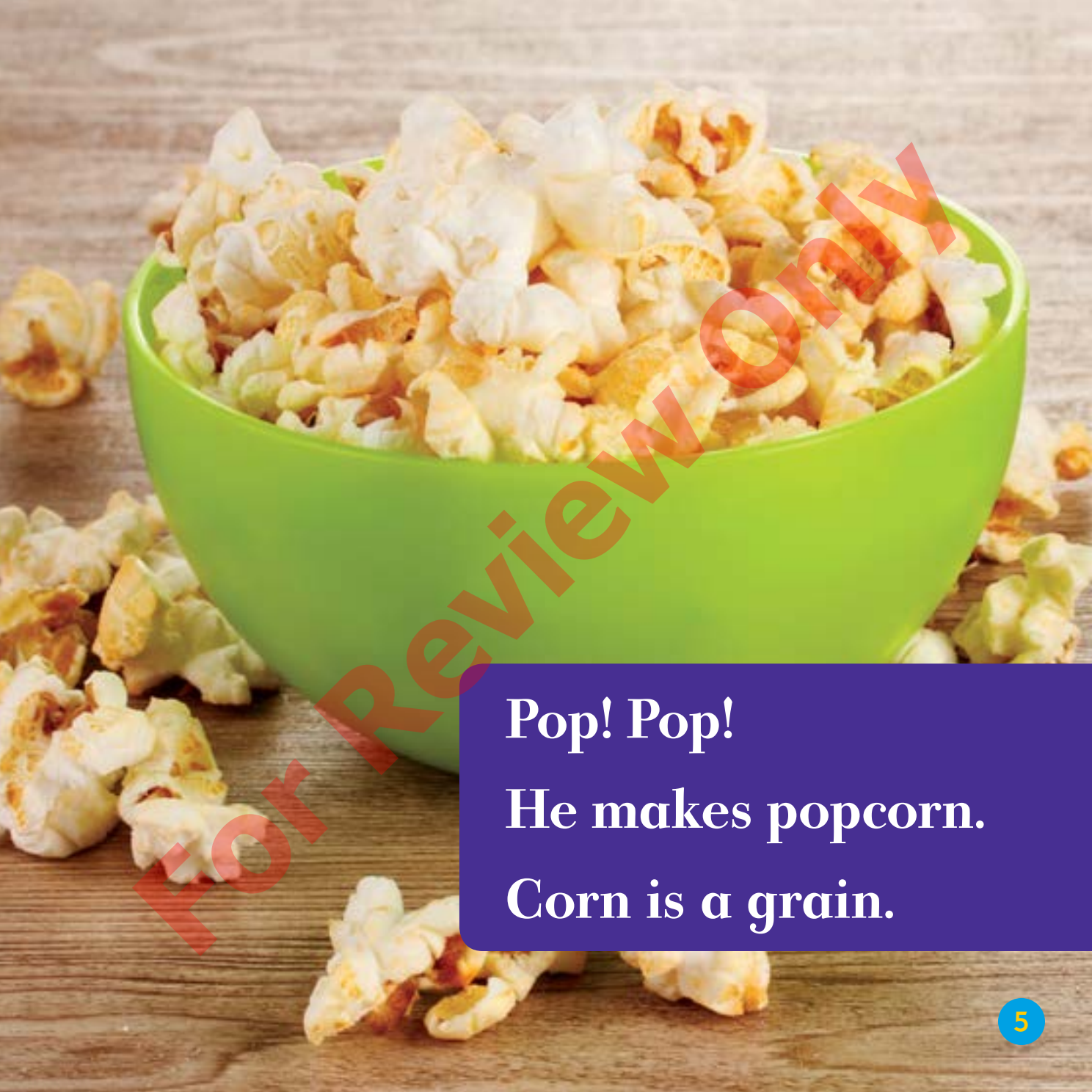


Good Food



Ed wants
a snack.

For Review Only



Pop! Pop!
He makes popcorn.
Corn is a grain.

For Review Only

So is wheat.

So are oats and rice.



For Review Only

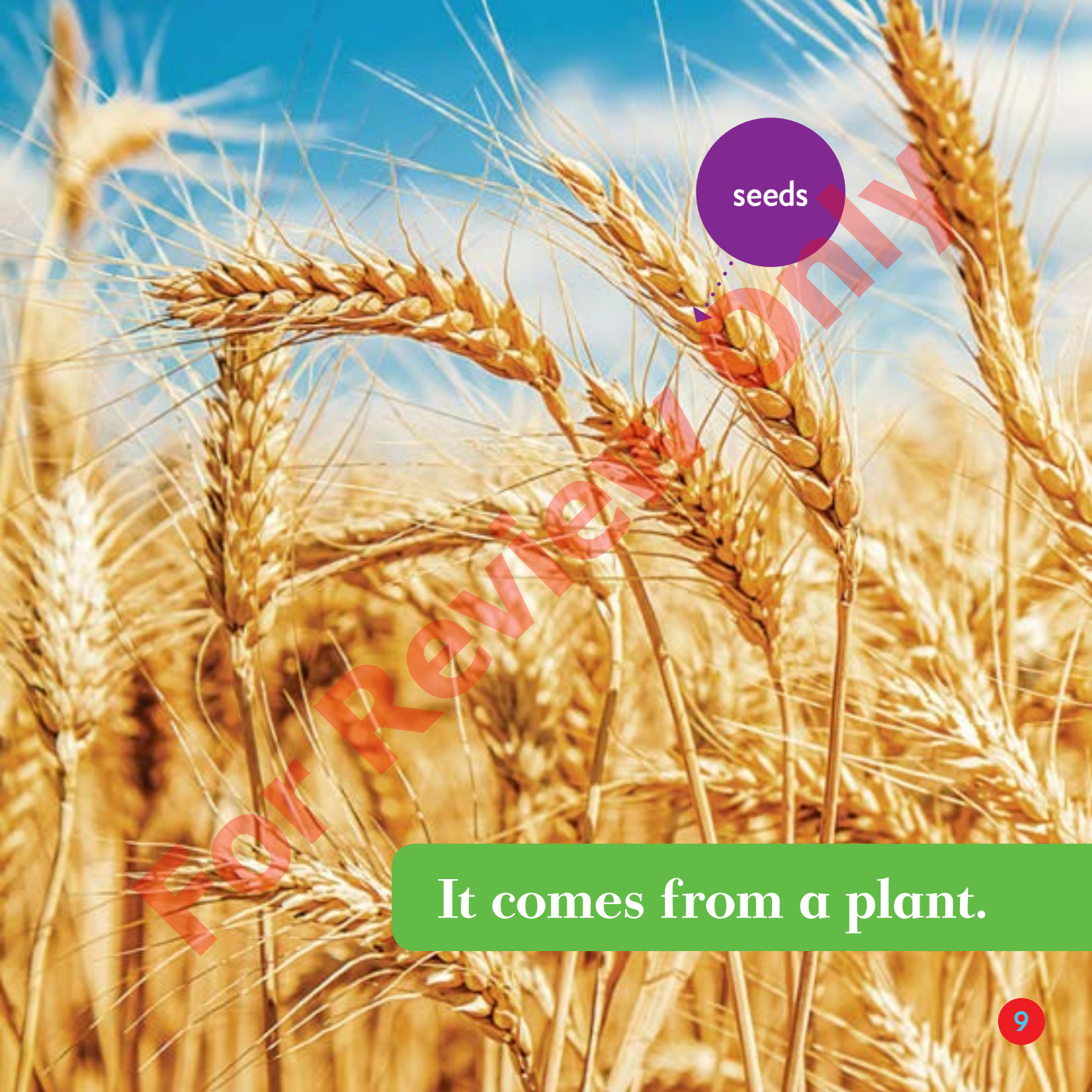


For Review Only

A grain is a seed.



For Review Only



It comes from a plant.

For Review Only

Your Daily Grains

You need five servings of grains a day. Three servings should be whole grains.



whole grain bread
Whole grain bread is the healthiest because it contains nutrients from all parts of the grain.

white rice
White rice is less healthy than brown rice because nutrients from part of the kernel have been removed.

pasta
Pasta is made from flour, a powder made of ground-up wheat, rice, or other grain.

buckwheat
Buckwheat is a kind of wheat; it is an important ingredient in Eastern European cooking.

For Review Only

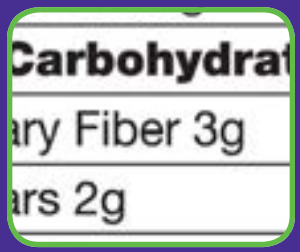
Picture Glossary



bagel
A ring-shaped bread made from wheat flour.



seed
The part of a plant that is capable of producing a new plant.



fiber
Part of a grain that helps you digest food.



tortilla
A soft, thin flatbread made from corn or wheat flour.



iron
A mineral that your body needs to stay healthy.



whole grains
Foods made using the whole kernel of a grain.

For Review Only