WHOLE GRAIN - A Source Of Fiber

A. Bran - consists of several thin outer layers of the grain kernel and is its protective coat.

B. Endosperm - is the stored food supply for the new plant which develops as the kernel germinates. It comprises about 85% of the kernel.

C. Germ (or embryo) - is the miniature plant which enlarges and develops after the kernel germinates.

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Fiber-Packed **WHOLE GRAINS**

Instructions: Draw arrows from the whole grain to the food you eat that has grain in it.

- OATS
- WHEAT
- CORN
- BREAD
- POPCORN
- OATMEAL
- COOKIES

Changing the Course, American Cancer Society

Name ____________________________