

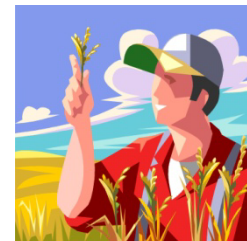
# MyPyramid Scramble: Great Grains<sup>1</sup>

Linda B. Bobroff<sup>2</sup>



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

Unscramble the words below to form words related to the Grain Group. Then use the numbered letters to form the secret message!



- |                 |    |    |    |
|-----------------|----|----|----|
| 1. lawshinrgoe: | 19 | 2  | 18 |
| 2. argahm:      | 13 | 20 | 1  |
| 3. ateaolm:     | 15 | 4  |    |
| 4. reiildcw:    | 7  | 12 |    |
| 5. ceaerl:      | 6  |    |    |
| 6. wktaebchu:   | 11 | 3  | 23 |
| 7. iberf:       | 8  | 14 |    |
| 8. ercdihen:    | 17 | 16 | 5  |
| 9. pprcoon:     | 10 | 21 |    |
| 10. bleayr:     | 22 | 9  |    |



Secret Message:

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	!

1. This document is FCS8898, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published: March 2010. Visit the EDIS Web site at <http://edis.ifas.ufl.edu>.  
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## Great Grains Key

1. Whole Grains
2. Graham
3. Oatmeal
4. Wild Rice
5. Cereal
6. Buckwheat
7. Fiber
8. Enriched
9. Popcorn
10. Barley



Secret Message: **Make half your grains whole!**