

Grains Word Search¹




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Search for these foods from the Grain Group in the word search below. Some of these grains may be new to you, but try looking for them in the supermarket and then try a new recipe. Maybe you will find a new favorite!

BARLEY
COUSCOUS
PASTA

BULGUR
GRANOLA
QUINOA
TORTILLA

CORNMEAL
OATMEAL
RICE

A	B	A	R	L	E	Y	C	A	Z	J	
E	L	F	E	P	Z	O	U	L	B	E	
B	L	L	A	C	R	N	A	O	Q	P	
R	U	S	I	N	I	E	W	N	U	V	
D	T	L	M	T	M	R	T	A	I	U	
A	O	E	G	T	R	Q	O	R	N	U	
P	A	Q	A	U	M	O	K	G	O	Y	
L	K	O	X	I	R	Z	T	F	A	X	
S	U	O	C	S	U	O	C	B	T	E	

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