

*Note: These are general whole grain questions. Feel free to add whole grain questions specific to your environment, such as:*

- Name 2 whole grains that we served in the cafeteria this week.
- Name 3 whole grain foods available at this supermarket.
- Name 1 of our products that offers a full serving (16 or more grams) of whole grains.
- How many grams of whole grains are in one serving of our [XYZ] product?

### **Whole Grain Trivia Questions**

#### **1. Name 3 whole grains.**

Acceptable Answers: All of the following are considered whole grains: amaranth, barley, buckwheat, bulgur, corn, einkorn, farro/emmer, Kamut/Khorasan wheat, kaniwa, millet, oats, quinoa, rice (brown rice, black rice, red rice, not white rice), rye, sorghum, spelt, teff, triticale, whole wheat, wild rice. Products made from these grains (such as whole wheat bread, whole grain tortillas, oatmeal, and whole grain cereal) are also acceptable answers.

#### **2. What is 1 change you could make to introduce more whole grains into your diet?**

Examples of acceptable answers: Making sandwiches on whole wheat bread, instead of white bread; making stir fries with brown rice, instead of white rice; choosing a breakfast cereal with the whole grain stamp; choosing a whole grain wrap for my wrap, instead of a white tortilla; adding a grain like wild rice, quinoa, or whole farro to my salad; trying a whole grain muffin or pancake recipe; switching out half of the white all purpose flour for whole wheat flour in my baking recipes; getting my burrito with brown rice, instead of white, and choosing a whole wheat tortilla instead of a white flour tortilla

#### **3. What are the 3 parts of a whole grain?**

Answer: Bran, germ, and endosperm. (Note: most refined grains have the bran and germ removed, leaving only the starchy endosperm)

#### **4. How can you be sure that you are buying a whole grain at the store?**

Acceptable answers: Look for the word “whole”, such as whole wheat bread or whole grain English muffins; look for the Whole Grain Stamp on the package, see if a whole grain is one of the first ingredients; avoid the words refined, enriched, degerminated, and pearled

#### **5. Name one nutrient that gets removed or lessened when grains are refined?**

Acceptable Answers: Fiber, Protein, Calcium, Copper, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc, Vitamin B6, Vitamin E, Vitamin K, Riboflavin (B2), Niacin (B3), Thiamin (B1), Iron, and Folate

*Note: Only Riboflavin (B2), Niacin (B3), Thiamin (B1), Iron, and Folate get added back when grains are enriched, and not in their original proportions.*

**6. Name one potential health benefit of eating more whole grains.**

Acceptable Answers: Reduced risk of stroke (30-36%), reduced risk of type two diabetes (21-30%), reduced risk of heart disease (25-28%), better weight maintenance, reduced risk of asthma, healthier carotid arteries, reduction of inflammatory disease risk, lower risk of colorectal cancer, healthier blood pressure levels, less gum disease and tooth loss, improved cholesterol levels

**7. How many servings of whole grains should we eat per day?**

Answer: At least 3 servings. (We should make at least half of our six daily grain servings whole, getting at least 48g whole grains per day)

**8. Is enriched wheat a whole grain?**

Answer: No, enriched wheat is not a whole grain. Enriching a product means that you are adding back in some of the nutrients that were lost during processing, but since whole grains still have their healthful bran and germ intact, there is nothing to enrich because nothing was removed.

**9. Does multigrain mean whole grain?**

Answer: It can, but it's no guarantee. Multigrain just means that more than one grain was used. It could be several refined grains (white rice, all-purpose flour, degerminated corn, pearled barley) or it could be several whole grains, or a mix of both. Check the ingredients list or look for the Whole Grain Stamp.

**Bonus Round (Difficult Questions):**

**1. Name a whole grain that is naturally gluten-free.**

Acceptable answers: Amaranth, buckwheat, corn, millet, quinoa, rice, wild rice, sorghum, teff, oats (note- oats are inherently gluten free, but are frequently contaminated during processing)

**2. Which of these is not a whole grain? Instant oatmeal, white whole wheat bread, Pearled Barley, or Popcorn**

Answer: Pearled barley, because pearled grains have some of their bran milled off. Whole barley or hulled barley (hulled simply means that the inedible hull has been removed) are

whole grains. Oats almost never have their bran and germ removed, so even instant oatmeal, which is rolled and flattened into small flakes, is a whole grain. White whole wheat bread is whole wheat bread that has been made from albino white wheat, rather than the traditional red wheat. Nothing has been removed; it is just a lighter color. (Check the ingredients; similar terms such as “whole grain white bread” may be made from a mix of whole wheat and refined wheat.)

**3. What is the only grain native to North America?**

Answer: Wild Rice. (It originated in the area of the upper Great Lakes in what is now both the U.S. and Canada)