Test Your Whole Grain Knowledge!

MARCH 31, 2021
WholeGrainsCouncil.org

DOWN
1. this counts as a grain in its dried form, but can also be eaten on the cob
3. minimum number of whole grain servings that adults should eat every day
4. one type of whole grain rice
6. leading whole grain staple in India
7. whole grain that is a type of aquatic grass grown by indigenous tribes around the Great Lakes
9. type of grain that has remained largely unchanged for the last several hundred years
10. whole grain that contains large amounts of gluten and is ideal for making bread
11. U.S. Dietary Guidelines indicate that whole grains should make up this fraction of an adult’s total grain intake
12. colorful whole grain with its origins in the Andes in South America
13. whole grain that was a staple in Aztec culture
14. whole grain that often has a tough outer hull, but can also be grown “naked” or hull-less
15. a grain’s food supply in the case of germination and the largest portion of the kernel
17. type of refined grain where some nutrients have been added back, but not in their original proportions
19. packaging tool that indicates products that contain significant amounts of whole grain
20. type of grain that is missing some portion of its three key parts and is therefore lacking in nutrients
21. a way to alter recipes to replace refined grains with whole grains
22. popular Ethiopian whole grain

ACROSS
2. rice that has had its germ and bran removed or polished away
5. the multi-layered outer skin of the edible kernel
8. our digestive system can’t break this down and the term is not interchangeable with whole grains
11. U.S. Dietary Guidelines indicate that whole grains should make up this fraction of an adult’s total grain intake
12. colorful whole grain with its origins in the Andes in South America
15. breakfast food usually served with milk that is often made with whole grains
16. hybrid of durum wheat and rye
18. whole grains often eaten for breakfast and almost never refined
19. packaging tool that indicates products that contain significant amounts of whole grain
21. a way to alter recipes to replace refined grains with whole grains
23. embryo of the kernel with the potential to sprout a new plant
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Answer Key