

Find the Whole Grains!



**SAMPLE  
WHOLE GRAINS**

**WEDNESDAY  
MARCH 31, 2021**

WholeGrainsCouncil.org

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

WHEAT BERRY

FREEKEH

MILLET

CORN

RYE

BUCKWHEAT

SORGHUM

KANIWA

BARLEY

TRITICALE

EINKORN

SPELT

BULGUR

BROWN RICE

QUINOA

TEFF

OAT

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Answer Key

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

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