Whole Grains Around the World

Draw a line to match each grain to one of the countries where it is often used.

1. In the United States, corn is used in a creamy porridge called grits, which is eaten with eggs at breakfast, or with shrimp.

2. Quinoa is grown high in the mountains of Bolivia.

3. Barley bread is popular in Morocco and other North African countries.

4. Oatmeal is a favorite breakfast during cold, rainy seasons.

5. In India, millet is used instead of rice as a base for lots of spiced vegetable dishes, and is also used to make thin, flatbreads.

6. In Russia, buckwheat is made into pancakes called paczki.

7. Rice is grown in China, and is eaten at nearly every meal.

8. Amaranth is popped like popcorn and mixed with honey in Bolivia.

9. In Ethiopia, sorghum is mixed with another whole grain called teff to make injera. Injera is a thin bread that is used to pick up foods.

1. In Egypt, whole wheat pita bread is very popular.

Each of these grains is mentioned in the Whole Grain Train Song. To learn more about the Whole Grain Train Song, visit http://WholeGrainsCouncil.org/resources/song.