



WHOLE GRAINS

By Lindsay Shea





WHOLE GRAINS



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A Crabtree Seedlings Book



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School-to-Home Support for Caregivers and Teachers

This book helps children grow by letting them practice reading. Here are a few guiding questions to help the reader with building his or her comprehension skills. Possible answers appear here in red.

Before Reading:

- What do I think this book is about?
 - *I think this book is about food.*
 - *I think this book is about whole grains.*
- What do I want to learn about whole grains?
 - *I want to learn what kinds of plants give us whole grains.*
 - *I want to learn what kinds of foods contain whole grains.*

During Reading:

- I wonder why...
 - *I wonder how whole grains give our bodies energy.*
 - *I wonder why some foods are made with refined grains.*
- What have I learned so far?
 - *I have learned that whole grains contain a nutrient called fiber.*
 - *I have learned that whole grains are good for our hearts and brains.*

After Reading:

- What details did I learn about whole grains?
 - *I have learned that foods with refined grains are not as healthy as food with whole grains.*
 - *I have learned that we should eat whole grains every day.*
- Read the book again and look for the vocabulary words.
 - *I see the word **vitamins** on page 4, and the word **refined** on page 14. The other glossary words are found on pages 22 and 23.*

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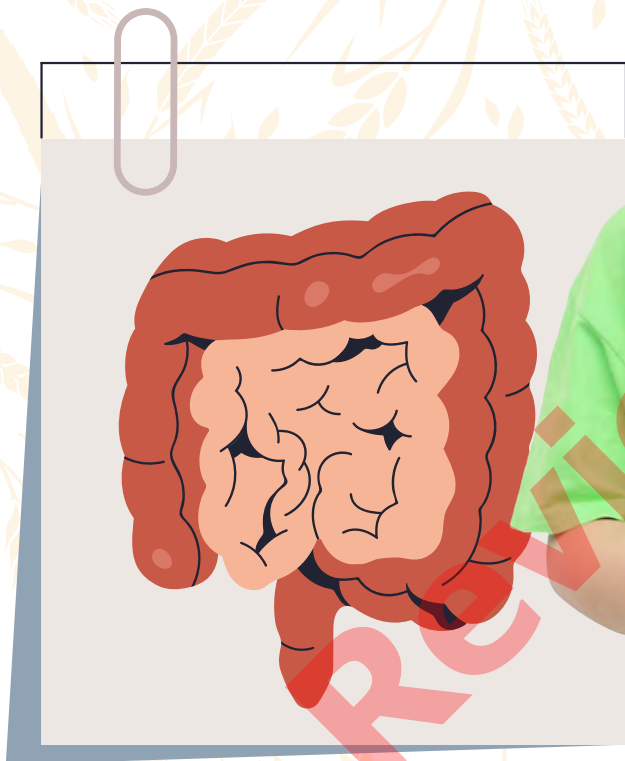


Grains are the dried seeds of grass-like plants. Grain plants include wheat, barley, corn, and rice.

Foods that are whole grain contain all the parts of a plant's seed. The seeds give you important **vitamins** and **nutrients** your body needs to be healthy.



Whole grains contain an important nutrient called fiber. It helps to move food through your body.



Whole grains are good for your heart and your brain. They also help your bones grow strong.

