



**Chefsville
Kids**



GRAINS



Help Chelsea decode the secret message by finding all of the words.

- bran
- bread
- corn flakes
- cornmeal
- crackers
- fiber
- grains
- grits
- noodles
- oatmeal
- pasta
- popcorn
- pretzels
- rice
- tortillas
- wheat

d	y	n	t	d	d	n	f	v	g	x	e	q	t	t
x	a	d	b	o	n	t	p	f	z	o	v	w	i	r
s	l	e	z	t	e	r	p	z	z	i	t	s	b	o
u	q	n	t	o	r	t	i	l	l	a	s	w	c	i
c	o	r	n	f	l	a	k	e	s	r	e	b	i	f
l	v	w	o	q	s	e	l	d	o	o	n	x	v	h
p	a	z	v	d	c	o	n	a	b	h	v	x	j	n
a	n	e	s	r	r	s	d	a	e	r	b	l	a	g
s	r	w	m	r	l	a	e	m	t	a	o	r	r	p
t	o	h	r	n	e	p	q	w	v	w	b	a	c	g
a	c	e	i	s	r	k	u	q	x	i	i	c	r	n
c	p	a	c	h	n	o	c	k	d	n	f	i	v	i
b	o	t	e	t	t	n	c	a	s	d	t	u	a	w
u	p	a	b	p	l	v	m	a	r	s	d	b	f	w
v	m	n	m	m	f	q	q	x	m	c	h	h	g	t

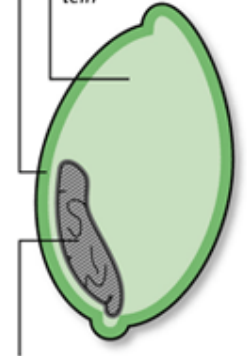
Whole grain kernel

Bran

"Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein



Germ

Nourishment for the seed
Antioxidants, vitamin E, B-vitamins

Grains are listed as "whole grains" or "refined grains".

Whole grains are brown rice, oatmeal, popcorn, whole wheat crackers, flakes, whole wheat breads, and whole wheat. "Whole grains" have the nutrition of the entire grain (**bran** which is the outer shell has vitamins and minerals helping us digest our food; **endosperm** which gives us energy, and the **germ** which has all kinds of treasures for our bodies.

Refined grains are cornbread, cornflakes, crackers, flour tortillas, rolls, and white rice. "Refining" is a process where the bran and endosperm are stripped away from the rest of the grain. This type of grain is not very nutritious and it's better to eat "whole grains". We can limit the amount of refined grains we eat.



Chefsville Kids



A serving size is about a half cup or one slice.

GRAINS

Solution

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+ + + + + + + + + + + + + +
+ + + + + + + + + + + + + +
S L E Z T E R P + + + + + + +
+ + + T O R T I L L A S + + +
C O R N F L A K E S R E B I F
L + + + + S E L D O O N + + +
P A + + + + + + + + + + + N
A N E S + + S D A E R B + A G
S R W M R L A E M T A O R R +
T O H R N E + + + + + B A + G
A C E I + R K + + + + I + R +
+ P A C + + O C + + N + I + +
+ O T E + + + C A S + T + + +
+ P + + + + + + + R S + + + +
+ + + + + + + + + C + + + +
  
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(Over,Down,Direction)

BRAN(12,10,NE)

BREADS(12,8,W)

CORNFLAKES(1,5,E)

CORNMEAL(8,13,NW)

CRACKERS(11,15,NW)

FIBER(15,5,W)

GRAINS(15,8,SW)

GRITS(15,10,SW)

NOODLES(12,6,W)

OATMEAL(12,9,W)

PASTA(1,7,S)

POPCORN(2,14,N)

PRETZELS(8,3,W)

RICE(4,10,S)

TORTILLAS(4,4,E)

WHEAT(3,9,S)