

LET'S DIVE INTO ALL THINGS WHOLE GRAINS!

THE WHOLE STORY ON WHOLE GRAINS

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WHAT EXACTLY IS A GRAIN?

GRAINS ARE FRUIT SEEDS FROM CEREAL CROPS LIKE WHEAT, CORN, BARLEY, OR OATS. A SINGLE GRAIN PIECE IS CALLED A KERNEL, JUST LIKE A CORN KERNEL!

1. THE BRAN: The bran of a kernel acts as a protective outer layer, just like when you wear a raincoat. The bran contains fiber, B vitamins, and other minerals.

2. THE ENDOSPERM: The endosperm acts as the fuel source for the kernel. It is the biggest part of the grain kernel.

3. THE GERM: The germ contains B-vitamins, vitamin E and healthy fats for the plant as it grows, sprouts, and reproduces.

THE PARTS OF A GRAIN:

THERE ARE THREE PARTS TO EVERY GRAIN, THE BRAN, THE ENDOSPERM, AND THE GERM. LET'S LOOK AT EACH ONE:

ENERGY SOURCE: They are a great source of energy for your busy days in the classroom, on the playing field, and as you participate in clubs and activities. (and do your homework!)

HEALTHY HEARTS: Whole grains are part of a diet that may help keep your heart healthy as you grow and get bigger and stronger.

VITAMINS, MINERALS, AND OTHER NUTRIENTS: Whole grains contain B-vitamins, vitamin E, minerals and other nutrients which are important to good health. Eating whole grains now can help keep you healthy into the future!

FABULOUS FIBER: Aside from being a key nutrient, fiber is a big part of having a healthy digestive system.

NOURISH KIDS TO WHAT'S NEXT

LET'S FINISH THE WHOLE STORY: Whole grains are part of an important part of a healthy diet.

ALL THIS IS IMPORTANT?

NOM, WHY IS ALL THIS IMPORTANT?

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