

# WEEK 3 WORKSHEET: **GRAINS** & **PROTEINS**

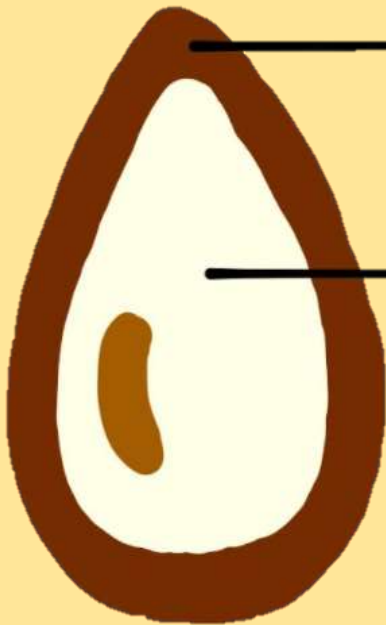
CIRCLE THE WHOLE GRAIN FOOD:



CIRCLE WHICH FOODS HAVE PROTEIN:



CIRCLE WHICH BOX HAS FIBER:



Brown  
Part:

White  
Part:

**REMEMBER THAT:**

