Red, Orange, Purple, Blue and Green...Make These Colors Your Routine!

**Orange is for Grains**

**Go for whole grains like...**

- Whole wheat pasta
- Oatmeal
- Whole wheat bread
- Popcorn
- Brown rice

**Guess This Grain!**

What grains make up these cereals? Lift the flaps to see if you are correct.

- Oats
- Wheat

**Cafeteria Connections**

Look in this pocket to find fun activities!

**Look in this pocket to find a fun coloring page!**

**Smart Cafeteria Foods - Grains**

Look in this pocket to find smart cafeteria foods with grains!

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A message from the Child Nutrition Program

This institution is an equal opportunity provider and employer.

N.C. Department of Health and Human Services, Division of Public Health 04/12