

Handout 2.2: *Identifying Whole Grains* Activity

Instructions: Determine whether each of the following is a whole grain. Discuss with a partner why the item is or is not a whole grain.

1. Whole wheat flour
2. Instant oatmeal
3. White whole wheat flour
4. Degerminated cornmeal
5. Long-grain white rice
6. Brown rice
7. Wheat flour
8. Graham flour
9. Grits
10. Semolina
11. Pearled (also called pearl) barley
12. Whole-grain barley
13. Couscous
14. Bulgur (cracked wheat)
15. Buckwheat groats
16. Rolled oats
17. Rye berries
18. Millet flakes
19. Amaranth