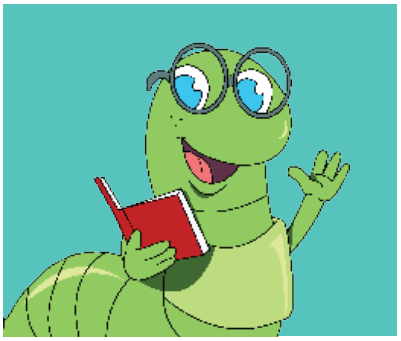

SAFARI

ELEMENTARY EDITION NEWSLETTER: DECEMBER

WHOLE GRAINS ARE GREAT!

Let's talk about something super important for your body: whole grains! Walter the Bookworm says, "Whole grains are like superheroes for your health because they help you grow strong and feel great all day!"

Whole grains are special foods that help your tummy feel good and keep your body nourished. You can find whole grains in foods like bread, breakfast cereals, and pasta. One easy way to eat more whole grains is by swapping white bread for whole wheat bread. You can also try brown rice and oatmeal—these are full of important vitamins and nutrients.

Whole grains are awesome because they have healthy fiber that helps your tummy, plus they have vitamins and minerals like B vitamins, iron, and magnesium. These help your body stay full of energy all day! The best part is that the carbohydrates in whole grains are digested slowly, so they give you energy all day long. This helps you stay focused at school and ready to learn cool new things, just like Walter the Bookworm!

Try having a whole grain cereal for breakfast and a sandwich with whole grain bread for lunch. Choosing whole grains is a smart choice for your body and brain. They help you grow strong and feel awesome. So next time you pick out bread or cereal, choose whole grains and give yourself a healthy boost!

HOW CAN CHOOSING WHOLE GRAIN FOODS HELP YOU TO STAY ENERGIZED THROUGHOUT THE DAY?

CONNECT THE DOTS TO REVEAL THE WHOLE GRAIN

HEALTHY WHOLE GRAIN WORD SEARCH

B L U N W S Z V Y C U Y L R Q X T B
P L Z B U X F L Y E O O E V F V T O
O B Y E B T M M F R H L X R E W N O
Y R L R P Z R O B E J B E Q Y H A S
T E V A F N L I D A C N A T W O Y T
J A L W L S E Q E L A W G T H L S I
C D G X P L P N F N I E M E E E W Z
F Z A J A N N X E B T H U V A J S C
Z H D W S R P L D R M S R X T X O N
J N B G T Y Q L L T G C T N J Q C W
Q D D N A Q J W Y Y O Y R Y Z U L T
G J J J P T W R D G R A I N S M K D

NUTRIENTS
GRAINS
CEREAL
ENERGY
WHOLE
BREAD
WHEAT
PASTA
BOOST