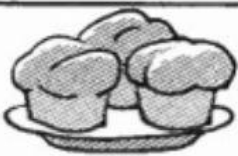

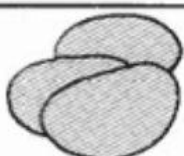

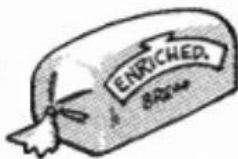





Foods in the bread and cereal group come from grain. You need to eat at least four servings from this group every day. Your body makes heat and energy from the carbohydrates in bread and cereal foods. These foods also give you some of the vitamins and minerals you need.

Sometimes some of the vitamins and minerals are lost when grain is made into flour and cereals. Vitamins and minerals can then be added to the flour and cereals. When this process is used, the food is said to be *enriched*.

A These foods belong to the bread and cereal group. Write the correct name beneath each picture.

bread	tortilla	oatmeal	rolls	cornflakes	rice	spaghetti	macaroni
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1. 	2. 	3. 	4. 
_____	_____	_____	_____
5. 	6. 	7. 	8. 
_____	_____	_____	_____

B Draw a line under each correct answer.

- Bread and cereal foods come from (a) animals (b) rocks (c) grain.
- The number of servings you need each day from this food group is (a) one (b) at least four (c) at least ten.
- Foods in the bread and cereal group give you (a) heat (b) energy (c) vitamins and minerals.
- If vitamins and minerals have been added to bread, the bread is called (a) enriched bread (b) stale bread (c) brown bread.

C Bread and cereal products are made from grain. Name some grains that give you different kinds of breads and cereals.

- _____
- _____
- _____
- _____
- _____
- _____

