

Whole Grains Around the World

Draw a line to match each grain to one of the countries where it is often

1

In the **United States**, corn is used in a creamy porridge called grits, which is eaten with eggs at breakfast. or with shrimp

2

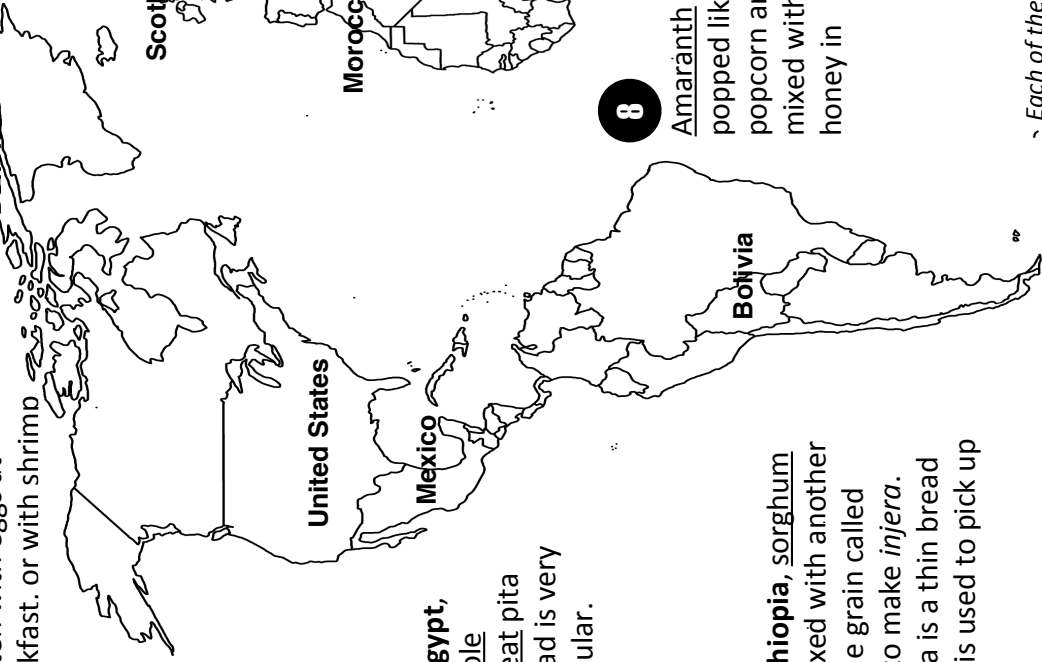
Quinoa is grown high in the mountains of **Bolivia**.

3

Barley bread is popular in **Morocco** and other North

4

Oatmeal is a favorite breakfast during cold, rainy



5

In **India**, millet is used instead of rice as a base for lots of spiced vegetable dishes, and is also used to make thin,

1

In **Egypt**, whole wheat pita bread is very popular.

6

In **Russia**, buckwheat is made into pancakes called

7

Rice is grown in **China**, and is eaten at nearly every

8

Amaranth is popped like popcorn and mixed with honey in

9

In **Ethiopia**, sorghum is mixed with another whole grain called teff to make *injera*. *Injera* is a thin bread that is used to pick up

Each of these grains is mentioned in the Whole Grain Train Song. To learn more about the Whole Grain Train Song, visit <http://WholeGrainsCouncil.org/resources/song>.

