

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



United States

Mexico

Bolivia

1

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

Morocco

Russia

China

India

Ethiopia

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

5

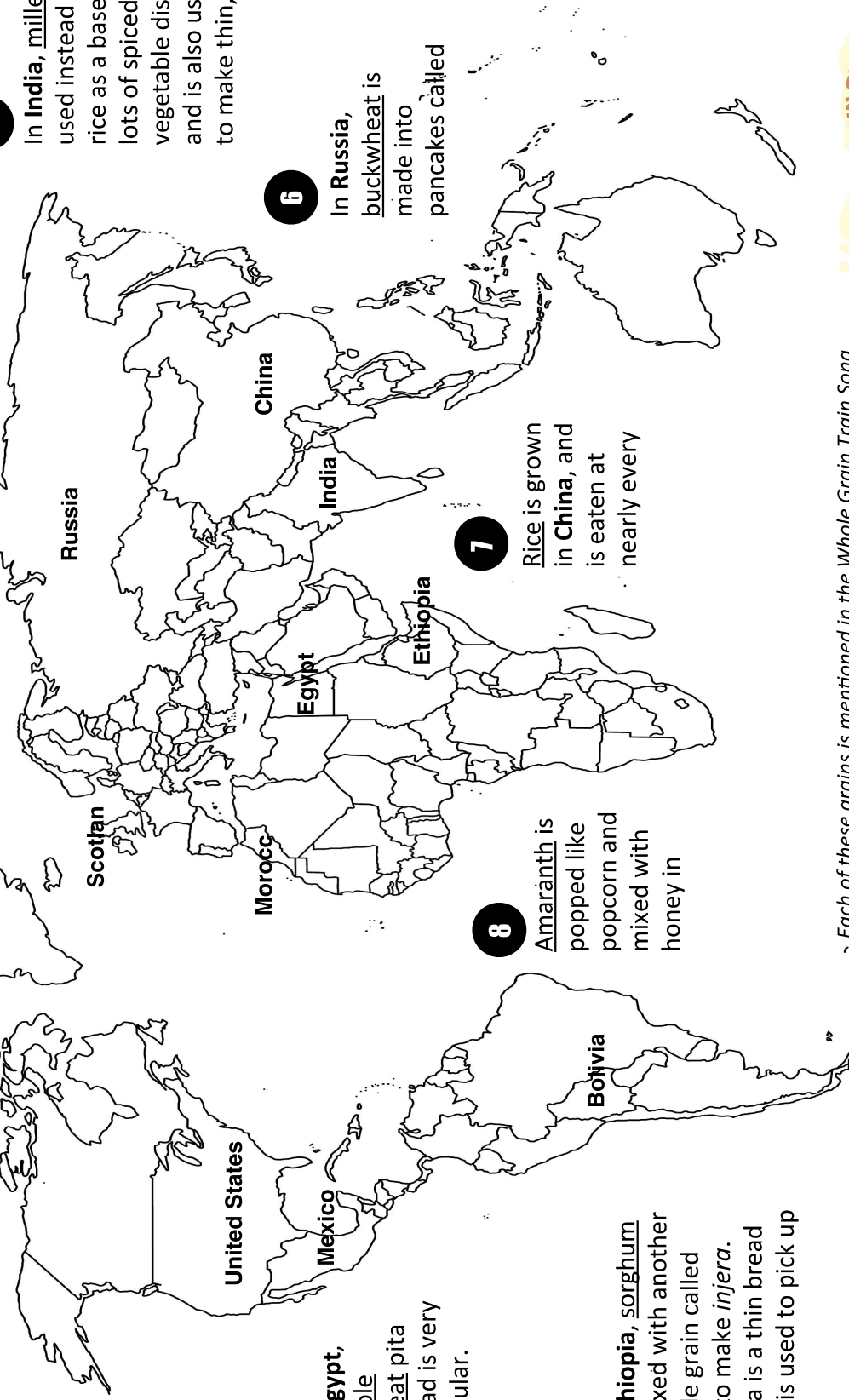
In **India**, millet is used instead of rice as a base for lots of spiced vegetable dishes, and is also used to make thin,

6

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

7

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



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>.

