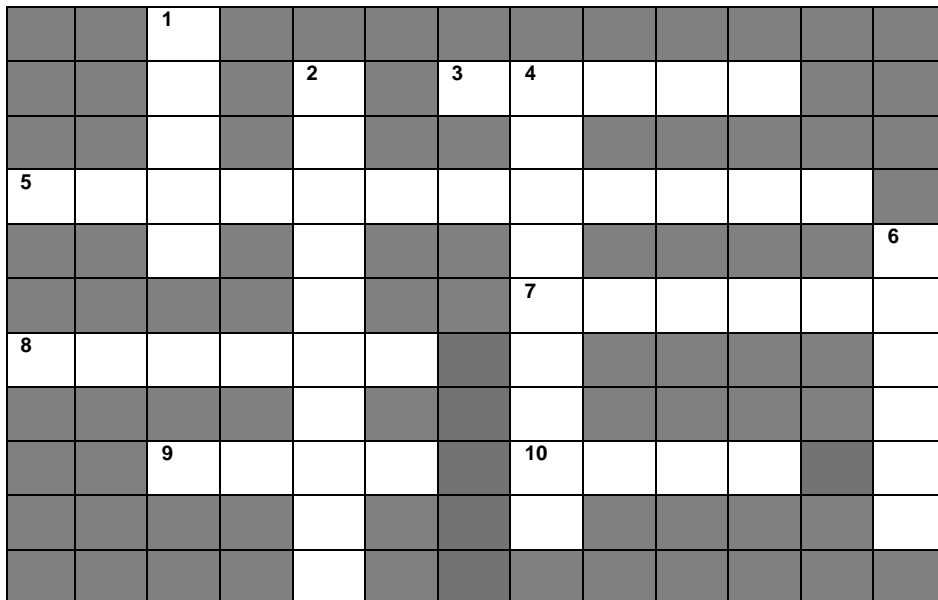


### Grains crossword 1



#### Down

1. Grains are a good source of \_ \_ \_ \_ \_ . (5)
2. Bread that is made from the whole grain is called \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ . (10)
4. White bread is usually only made from \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ . (9)
6. Rolled oats are a popular breakfast \_ \_ \_ \_ \_ \_ in winter. (6)

#### Across

3. Grains are very small \_ \_ \_ \_ \_ . (5)
5. Grains are very high in which nutrient? (12)
7. Grains are a \_ \_ \_ \_ \_ \_ \_ \_ food for many countries. (6)
8. What do carbohydrates give us? (6)
9. Removing the \_ \_ \_ \_ \_ from the grain makes them cook faster. (4)
10. 2004 was the 'International Year of \_ \_ \_ \_ \_'. (4)