FIBER-RICH FOODS  Word Search

brown rice  graham flour  oat bran  vegetables
bulgur  kidney beans  oatmeal  wheat bran
black beans  legumes  pearl barley  whole oats
chick peas  lentils  peas  whole-rye flour
cornmeal  navy beans  pinto beans  whole wheat
fruits  nuts  popcorn

WIN Kids Lesson  WIN the Rockies  www.uwyo.edu/wintherockies  Supported by award 0004499 through IFAFS (Initiative for Future Agriculture and Food Systems) Competitive Grants Program/USDA.