

Make Half Your Grains Whole



EATING SMART
BEING ACTIVE

A **whole grain** I learned about today that I'll try this week is:



This week I'll be **more physically active** by:



Our next lesson will be on _____ (day)

at _____ (time)

An equal access and equal opportunity University. <https://col.st/10E3> | Una universidad con igualdad de acceso y igualdad de oportunidades. <https://col.st/10E3>

These materials are aligned with the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture (NIFA). | Estos materiales están alineados con el Programa Ampliado de Educación Alimentaria y Nutricional (EFNEP) del Instituto Nacional de Alimentación y Agricultura (NIFA) del USDA.

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