# **Is it wholegrain?**

## Draw three foods that are wholegrain and three foods that are not wholegrain.

|  |  |
| --- | --- |
| Wholegrain | Not wholegrain |
|  |  |
|  |  |
|  |  |

These words on food labels tell us that a food is wholegrain!

**Wholegrain Wholemeal Wholewheat**