# **Is it wholegrain?**

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

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

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

**Wholegrain Wholemeal Wholewheat**