



**Whole Grain  
Goodness**  
2.0 Hours  
ILLINOIS CHILD CARE  
BUREAU

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address, City, Zip \_\_\_\_\_  
\_\_\_\_\_  
Provider Signature \_\_\_\_\_ Date Completed \_\_\_\_\_

	True	False
1. The 2005 Dietary Guidelines for Americans recommend that one-half of the grains eaten in our daily diet should be whole grains.	T	F
2. Most Americans eat way over the recommended amount of whole grains.	T	F
3. Eating whole grain foods is associated with a 15 – 25 percent reduction in premature death from all causes.	T	F
4. Studies have shown that whole grains have a protective effect in preventing a variety of cancers.	T	F
5. People with type 2 diabetes may be able to improve their blood sugar control if they eat a minimum of three servings of whole grains each day.	T	F
6. Enriched white flour is just as nutritious as 100% whole wheat flour.	T	F
7. Whole grain foods contain up to five times more antioxidant activity than white bread, vegetables or fruits.	T	F
8. A whole grain consists of three parts, the germ, the bran, and the endosperm.	T	F
9. Each individual part of the grain is healthful, but eating the entire grain allows the beneficial factors of all three parts to work together and the overall benefits are much greater.	T	F
10. A food product may contain any amount of whole grain in order to list a health claim similar to this: <i>“Diets rich in whole grain foods may reduce the risk of heart disease and certain cancers.”</i>	T	F
11. Popcorn is a whole grain but it is not reimbursable on the food program.	T	F
12. An excellent source of whole grain will contain a minimum of 16 g of whole grain in a one ounce serving.	T	F
13. When the germ and bran portion of the grain is removed, the nutritional content of an item is reduced significantly.	T	F
14. If a cereal or bread contains a lot of whole grain it will always be very high in fiber.	T	F
15. The terms multi-grain, stone ground and 100% wheat do not necessarily mean whole grain.	T	F
16. One slice of 100% whole wheat bread is equal to a one ounce serving of whole grain.	T	F
17. One half cup of brown rice is equal to a one ounce serving of whole grain.	T	F
18. It is recommended that a 4 year old child eat 6 or more servings of grains each day.	T	F
19. Any and all kinds of oatmeal are considered to be 100% whole grains.	T	F
20. I will take the Whole Grain Challenge and start eating at least 3 servings of whole grains each day!	T	F