

What's the Difference?

There are four differences between Picture A and Picture B.

A



B



Answers: 1. Bread on board turned 2. More pasta in upper left corner 3. Missing pasta above tortillas 4. Pasta replaced other grain in bottom bowl

Answer: Whole grains

THIS DAY IN HISTORY

SEPTEMBER

26

1934: The ocean liner RMS Queen Mary is launched.

1950: United Nations troops recapture Seoul from North Korean forces.

1969: Abbey Road, the last recorded album by The Beatles, is released.

NEW WORD

FIBER

dietary material containing substances such as cellulose

Food FACT:

Consuming these foods helps a person stay full, maintain a healthy weight, and have a healthy digestive system.

How they say that in...

English: Grain

Spanish: Grano

Italian: Cereali

French: Céréales

German: Getreide

Did You Know?

Most people should aim to eat between 25 and 30 grams of fiber each day from a variety of sources.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Wheat