



Activity # 4

Which Carbohydrate is Healthier?

Instructions: Circle the food in each row that is a complex carbohydrate or whole grain product.

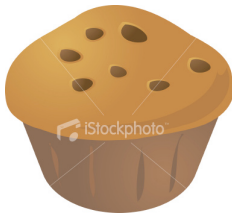


Brown Rice

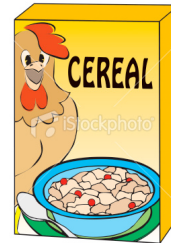


White Rice

OR

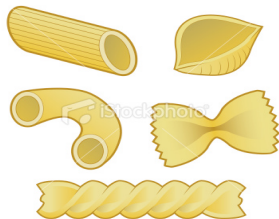


Chocolate Chip Cupcake



Whole Grain Cereal

OR



White Pasta

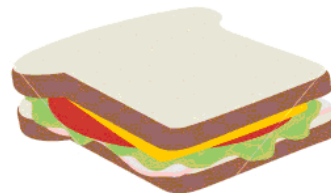


Whole Grain Pasta

OR



Whole Grain Bread



White Bread

OR



Activity # 4 Answer Key

Which Carbohydrate is Healthier?

Instructions: Circle the food in each row that is a complex carbohydrate or whole grain product.

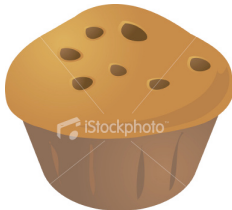


Brown Rice



White Rice

OR

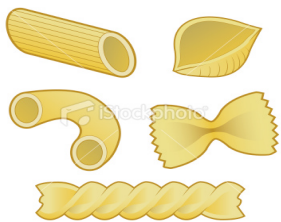


Chocolate Chip Cupcake

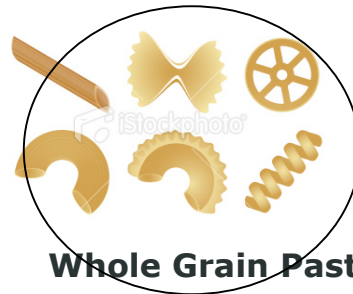


Whole Grain Cereal

OR

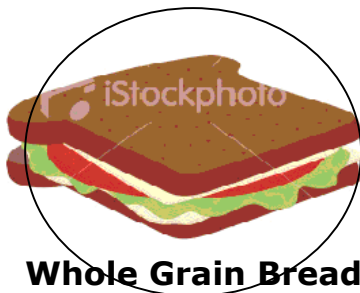


White Refined Pasta

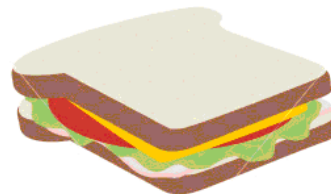


Whole Grain Pasta

OR



Whole Grain Bread



White Refined Bread

OR