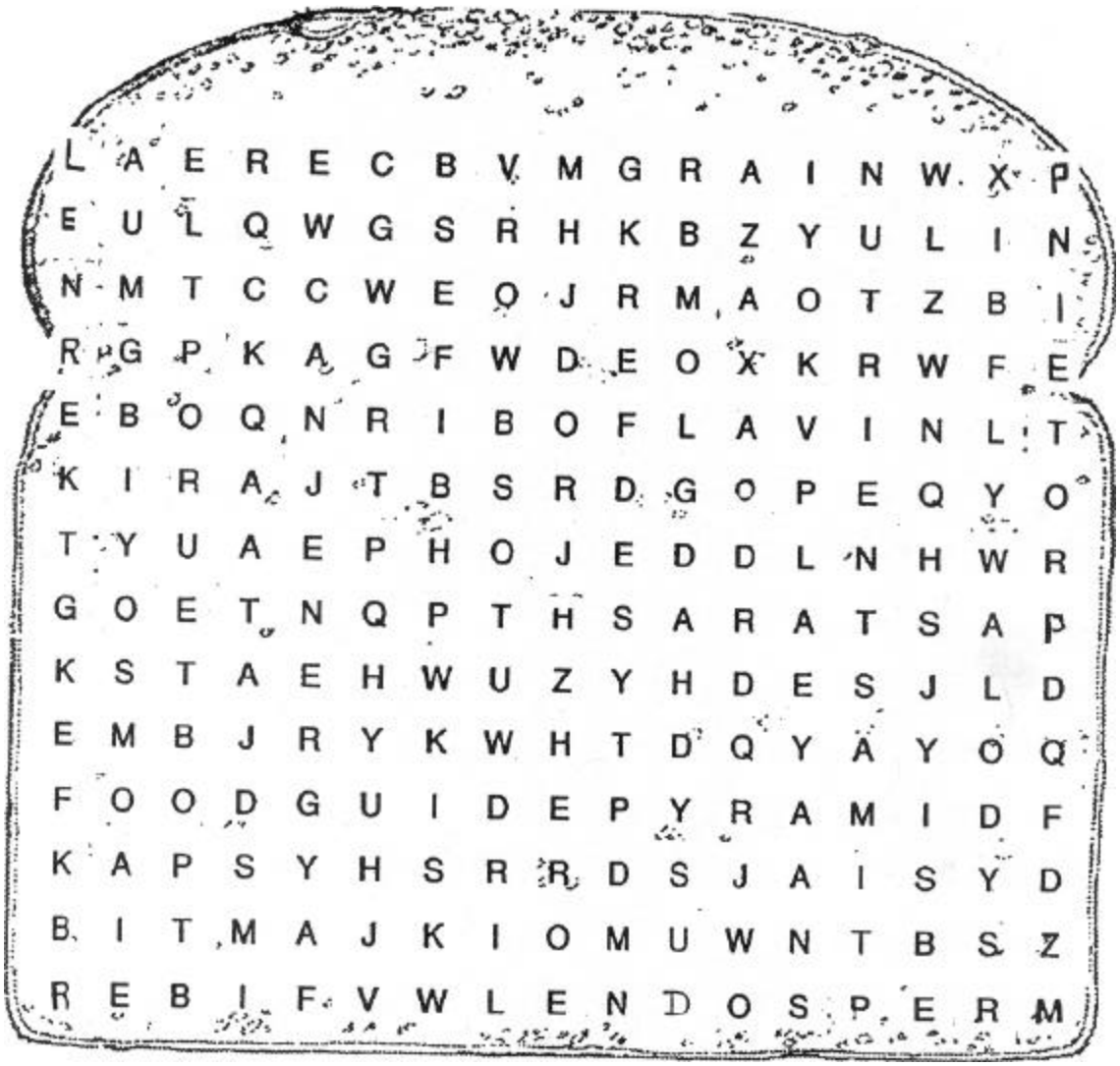
WHEAT IS GOOD TO EAT, AND GOOD FOR YOU

The words at the bottom of the page are hidden in the slice of bread. Can you find them? They may be written backwards, diagonally, horizontally or up and down.



L	A	E	R	E	C	B	V	M	G	R	A	I	N	W	X	P
E	U	L	Q	W	G	S	R	H	K	B	Z	Y	U	L	I	N
N	M	T	C	C	W	E	O	J	R	M	A	O	T	Z	B	I
R	G	P	K	A	G	F	W	D	E	O	X	K	R	W	F	E
E	B	O	Q	N	R	I	B	O	F	L	A	V	I	N	L	T
K	I	R	A	J	T	B	S	R	D	G	O	P	E	Q	Y	O
T	Y	U	A	E	P	H	O	J	E	D	D	L	N	H	W	R
G	O	E	T	N	Q	P	T	H	S	A	R	A	T	S	A	P
K	S	T	A	E	H	W	U	Z	Y	H	D	E	S	J	L	D
E	M	B	J	R	Y	K	W	H	T	D	Q	Y	A	Y	O	Q
F	O	O	D	G	U	I	D	E	P	Y	R	A	M	I	D	F
K	A	P	S	Y	H	S	R	R	D	S	J	A	I	S	Y	D
B	I	T	M	A	J	K	I	O	M	U	W	N	T	B	S	Z
R	E	B	I	F	V	W	L	E	N	D	O	S	P	E	R	M

BRAN
BREAD
CARBOHYDRATE
CEREAL
ENDOSPERM
ENERGY

FIBER
FOOD GUIDE
PYRAMID
GERM
GRAIN
IRON

NUTRIENTS
PASTA
PROTEIN
RIBOFLAVIN
WHEAT
KERNEL