

Section 22.1 Grains in Your Diet

Preparing Grains, Fruits, and Vegetables

Directions As you read, use a table like the one below to write notes about the two main types of grains. Include examples of types of foods for each.

Whole Grains	Refined Grains

Section 22.2 Fruits and Vegetables in Your Diet

Preparing Grains, Fruits, and Vegetables

Directions As you read, name four techniques you can use to make your produce look more appealing. Write down an example for each technique.

Technique	Example
1.	
2.	
3.	
4.	