

Welcome to Whole Grains Land

Name _____

Whole grains are a delicious and nutritious staple in African Heritage meals. Complete the maze below to unlock the grains and find a special recipe at the end. Find more about African Heritage foods, culture and tradition at <https://foodhero.org/african-heritage>

Start

Quinoa

Barley

Kamut

Wild Rice

Brown Rice

Corn

Millet

Sorghum

Teff

Amaranth

You did it!
Scan this QR code
to unlock Food Hero's
Mix and Match Grain
Bowl recipe.

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