

Stage 2 Lesson 3: Fibre and Whole Grains Questions



After reading the [Fibre and Whole Grains](#) from the Heart and Stroke Foundation, write about how fibre prevents cholesterol from building up in the arteries.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.