

Farm To Market: Wheat

Assessment of Prior Knowledge:

- What is wheat? What does it look like when it is growing?
- What kinds of products are made from wheat?

Vocabulary:

Kernel: The grain or seed of the wheat plant.

Combine: A machine designed for harvesting grain.

Flour Mill: The place where wheat kernels are ground into flour.

Bran: The outer husk of the wheat kernel.

Semolina: A special type of wheat used to make pasta.

Comprehension Questions:

Growing and Harvest

1. How do farmers know when the wheat is ready to be harvested?
2. Describe the three parts of a wheat kernel.

Flour

1. What is meant by the term "whole grain flour?"
2. Why might this kind of flour be more nutritious than regular white flour?

Bread

1. Why is wheat flour especially good for baking bread?

Pasta

1. What kind of flour is used to make pasta?
2. How is making pasta different from making bread?

Discussion Questions:

Some products made with flour are less healthy for our bodies than others: donuts, for instance, as opposed to whole wheat bread.

1. What kinds of factors determine how healthy different baked goods are for our bodies?
2. The kinds of flour used?
3. The amount of sugar and fat?

Follow-up Activities:

- Bake bread with your students. Discuss the different ingredients that go into bread and the way each contributes to the finished loaf of bread.
- Students can learn about other cereal grains that we eat regularly: oats, barley, rye, millet. If possible, bring in samples of foods made with these grains so students can taste and see how they are similar and how they are different.



The Phoenix Learning Group, Inc.

2349 Chaffee Drive, St. Louis, Mo 63146

314-569-0211 FAX: 314-569-2834 800-221-1274

www.phoenixlearninggroup.com