



WHEAT

EARLY CHILDHOOD

Farmers grow hard, red winter wheat in Oklahoma. It is used for making bread. It can also be used to make pizza crust. It can even be used to make cinnamon rolls! Hard wheat grows best in cool, dry climates. Hard wheat can be red or white. It can be spring wheat or winter wheat. Soft wheat grows best in warmer, wetter climates. Soft wheat can be red or white. It is used to make biscuits. It can also be used to make muffins. Durum wheat is used to make pasta.

Whole wheat is part of a healthy diet. It is good for your body.

Wheat is full of fiber and vitamin B. Whole wheat has the most nutrients. Whole wheat bread has more fiber than white bread.

Most people around the world eat wheat. Some people are not able to eat wheat. It makes them feel sick.



ALMOST READY!



READY FOR
BREAD MAKING



DANCING IN THE WIND



WATCH THIS

Find out how wheat grows and is made into bread.



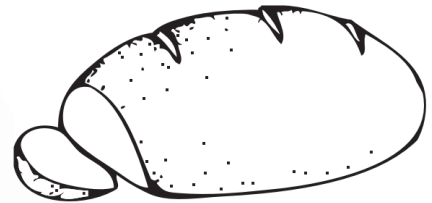
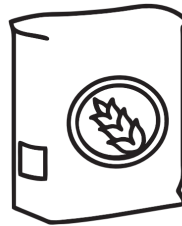
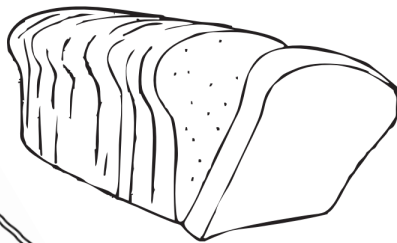
POEM ABOUT WHEAT

BREADS AND CEREALS

Breads and cereals start from seeds
Of grasses farmers grow;
They're all ground up and mixed with eggs
And other flavors for dough.
The crust of pies and dinner rolls,
And noodles of chicken soup,
Doughnuts, spaghetti, and cream of wheat
Are in the breads and cereals group.

COLOR THE WHEAT AND WHEAT PRODUCTS

Wheat is Oklahoma's number one crop. Farmers mainly grow hard red winter wheat. Hard red winter wheat makes delicious bread.



BAGEL SMILES

ASK AN ADULT FOR HELP



INGREDIENTS:

- 3 whole wheat bagels
- $\frac{1}{4}$ cup whipped cream cheese

FRESH VEGETABLES FOR DECORATING FACES: asparagus spears, shredded carrots, sliced red bell pepper, raisins, broccoli florets, drained canned beans (black garbanzo, pinto, kidney), cherry or grape tomatoes, summer squash, and round olives.

DIRECTIONS:

1. Split bagels in half.
2. Spread cream cheese over each bagel half.
3. Use your imagination to create faces using fresh vegetables.

FUN FACT!

Bagels are the only bread boiled before they are baked.