Wheat is an ancient grain. People have been growing and eating wheat for thousands of years. There are four basic parts of a wheat plant: the head, stem, leaves, and roots. The awn is a slender, bristle-like attachment on the head of a wheat plant. The head contains kernels or the wheat seeds. The stem supports the head. Nutrients and water travel through the stem. The leaves are responsible for photosynthesis. This is how green plants make simple carbohydrates by using carbon dioxide, hydrogen, and a light source, usually the sun. The roots hold the plant in the soil. They absorb water and nutrients from the soil and transport them to the stem. Wheat plants grow to be about 2-4 feet tall.

Each kernel of wheat has three parts. The outer layer is called the bran. The middle layer is called the endosperm. The inner layer is called the germ. Whole wheat foods are made using the whole kernel. Many foods, like bread, cereal, crackers, and pasta, can be made with whole wheat. This means all three parts of the grain are eaten. Some wheat items, like white bread, are made using only the endosperm.

Wheat is nutritious. Each part of the kernel has nutrients which make bodies strong. Wheat is full of fiber and vitamin B. Fiber makes a person feel full after eating. Fiber also helps a body’s digestive system. Whole wheat bread has more fiber than white bread. Vitamins make bodies strong and healthy. Wheat also has carbohydrates and protein. These supply a body with energy.
**WHEAT NUTRITION PUZZLE**

What are four things whole wheat foods provide for your body? Cross out the letters G, J, K, L, Q, U, W, X and Z. Write the remaining letters on the lines to reveal the four answers.

LGCJALRUGBZOKHLUWYJDGKRXATEGZSJ

ZJUQKJGFKLXIJKQBEGKUJRWKGLKQW

WVXKUJIQWKLKTJUQGGKJWJDLZJQLJNKS

KXWUIJQPJURWQLOGUQTLEWKJIUXGLNX

**FUN FACT**

A family of four could live about two years off the bread produced by one acre of wheat.

**MATH WORD PROBLEM**

Wheat is bought and sold by the bushel. A bakery can make 90 loaves of whole wheat bread from one bushel of wheat. The average loaf of whole wheat bread has 24 slices.

1. How many slices of bread can be made from one bushel?

2. If two slices are used to make a sandwich, how many sandwiches can be made from one bushel?

3. If a person eats 3 sandwiches a day, how many days will it take to eat all of the bread made from one bushel of wheat?