



WHEAT

— Elementary



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.



WHOLE WHEAT CHOCOLATE CHIP COOKIES

ASK AN ADULT FOR HELP



- INGREDIENTS:
- 6 tbsp brown sugar
 - 1 cup & 2 tbsp whole wheat pastry flour
 - 1/2 cup unsalted butter
 - 6 tbsp sugar
 - 1 large egg
 - 1 cup chocolate chips
 - 1 tsp vanilla extract
 - 1/2 tsp baking soda
 - 1/4 tsp salt

INSTRUCTIONS:

1. Preheat the oven and grease or line a baking sheet.
2. In a medium bowl whisk together the flour, baking soda, and salt. Set aside.
3. In a large bowl with a handheld blender or in a stand mixer with a paddle attachment, cream together the butter and sugar until combined.
4. Add in the egg and vanilla extract.
5. Starting on low and increasing your speed to high, cream together the ingredients until soft and fluffy, 1-2 minutes.
6. Add in the flour mixture and gently blend together on low.
7. Add in the chocolate chips and stir.
8. Using a cookie scoop or 2 spoons, scoop 1 tablespoon of cookie dough onto the baking sheet, leaving several inches between the dough.
9. Place the baking sheet into the oven and bake for 8-10 minutes until just golden brown. Take the baking sheet out of the oven and let the cookies cool for 2-5 more minutes.

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.

LGCJALRUGBZOKHLUWYJGDKRXATEGZSJ

ZJUQKJGFKLXIJKQBLEGKUJRWKGLKQUW

WVXKUJIQWLKTJUQGKLAJWMZIQIJNKS

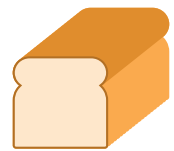
KXWUJQPJURWQLOGUQTLEWKJIUXGLNX

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?