

CHOOSE GRAIN FOODS

What foods are in the grain group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.

Put a "G" beside those foods that belong to the grain group.

- ___ tortillas
- ___ oatmeal
- ___ yogurt
- ___ french fries
- ___ breakfast cereal
- ___ whole wheat bread
- ___ popcorn
- ___ sweet potato
- ___ crackers
- ___ pasta



Go to www.kansaswheat.org to find the answers to the Kansas Wheat trivia game.

BEYOND THE TABLE

When you hear the word "wheat," do you automatically think of bread, pasta and other wheat foods?

Did you know that wheat can be used for things other than food? Wheat and wheat straw have many alternative uses that make wheat a valuable crop.

Place an X beside the products that contain wheat.

- ___ shampoo
- ___ particle board
- ___ pet and livestock feed
- ___ paper
- ___ laundry detergent
- ___ spaghetti
- ___ glues
- ___ packaging peanuts
- ___ pizza



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SCRAMBLED UP WITH WHEAT

Unscramble these words.

1. tprox - selling products to another country

2. ceosrev - saving the soil

3. ebmocni - cuts, separates and cleans grain at the same time

4. lubshe - wheat is often bought and sold by this unit of measurement

5. dahr der - class of wheat used to make bread



Go to www.kansaswheat.org to find the answers to the Kansas Wheat scramble game.

CROSS-OUT

Cross out the letters G, J, K, Q, U and Z to reveal good things wheat foods provide for your growing body.

G J C G O Q M P Z L E J X Z C K A K R B K O K H K Y D R G A J T E S Q U
 G Z K J O U F K I J B E G R Z Q U J K J L O K W J K F J A T Z J K Q U Z
 K I G U Q G U V J I Q T A J M I N S K G J Z Q U Z J K Z J K Z U Q U Z J K
 K I K Q U Z U Q Z J K U Q Z U J K I G J K Q U Z P Z R J O T K E I J N G

Go to <http://www.kansaswheat.org/> to find the answers to the Kansas Wheat game.

KANSAS WHEAT TRIVIA

It would require a train stretching from western Kansas to the Atlantic Ocean to hold all the wheat produced in Kansas in a single year.

One bushel of wheat weighs 60 pounds.

In 2013, the average American consumed about 135 pounds of wheat flour.

Annual average wheat production in Kansas for the past five years has been about 340 million bushels harvested from 8.4 million acres.

Approximately half of the wheat produced in Kansas is exported to other countries. Half is used in the United States.

One 60-pound bushel of wheat provides 42, 1.5-pound loaves of bread.



WHEAT FOR KIDS!



Explore Kansas Wheat at www.kansaswheat.org to find recipes, games, quizzes and fun facts about wheat, enabling you to understand the grain life cycle from farm to fork.

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