

Sprouting Up:

Wheat Foods for Kids



The Wheat You Eat

**How It's Grown and
Made Into Our Food**





How Much Wheat Do You Eat?

- Did you have cereal or toast for breakfast?
- Did you have a sandwich for lunch?
- Do you like to eat spaghetti, cookies or macaroni and cheese?
- Do you LOVE pizza?



Then You Eat Wheat!

Wheat is the basic ingredient in many of our favorite foods.





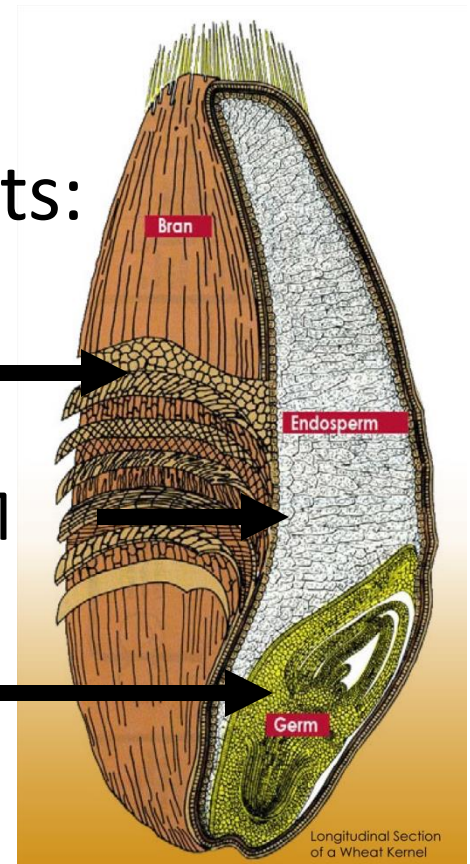
Did You Know?

- Wheat is a grain that people have been growing and eating in many ways, for thousands of years.
- 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





Did You Know?

- Each of those 3 kernel parts has nutrients that make our bodies strong:

FIBER makes you feel full after you eat

PROTEINS and **CARBOHYDRATES** give you energy

VITAMINS and **MINERALS** make you strong & healthy



Did You Know?

- Whole-grain foods are **made using the whole kernel** (all 3 parts) of the grain.
- Many foods we eat, like bread, pasta, crackers, and cereal, **can be made with whole wheat**. This means you are eating all 3 parts of the grain, and getting many important nutrients.



Did You Know?

- Wheat food products can also be made from **enriched flour**.
- This means they are made from flour that has been **ground using endosperm only**.
- Many vitamins and minerals lost by not using the bran and germ are added back in. **This is called "enriched."**
- Enriched grains **provide essential B vitamins** which help us maintain a healthy body and increase energy.



How Wheat Grows

First, the soil is worked. Today, some farmers use no-till planting, which does not disturb the soil, reduces soil erosion, uses less fuel and increases the amount of nutrients.





How Wheat Grows

Then the seeds are planted. Fertilizer may be added to help the seeds grow.





How Wheat Grows

The plants emerge from the ground and depend on nutrients from the soil and rainfall to grow and develop.





How Wheat Grows

Farmers monitor the wheat fields throughout the growing season for disease and pest issues and work to protect the crop.





How Wheat Grows

When the wheat stems are tall and begin to “nod,” or bend over, and the kernels are ripe and dry, it is time to harvest. They are a beautiful golden color.





How Wheat Grows

Farmers use a big machine called a “combine” to harvest the stalks of wheat.





What Happens Next?

When the combines fill up, they load the wheat into trucks.





What Happens Next?

The harvested wheat is stored in enormous grain bins, until it is moved to the next stage, the mill.





How Wheat is Milled

In the milling process, the wheat is

- Cleaned
- Separated
- Ground
- And may be enriched.





How Wheat Grows

- Wheat can be planted in the **spring** or the **fall**.
- It is an **annual** which means it must be planted each year, for each crop.
- It takes about **3 months for wheat to grow** from seed to harvest in the summertime, and longer over the wintertime.



How Wheat is Milled

And made into **either whole wheat or white** flour.





Wheat Becomes Our Food!

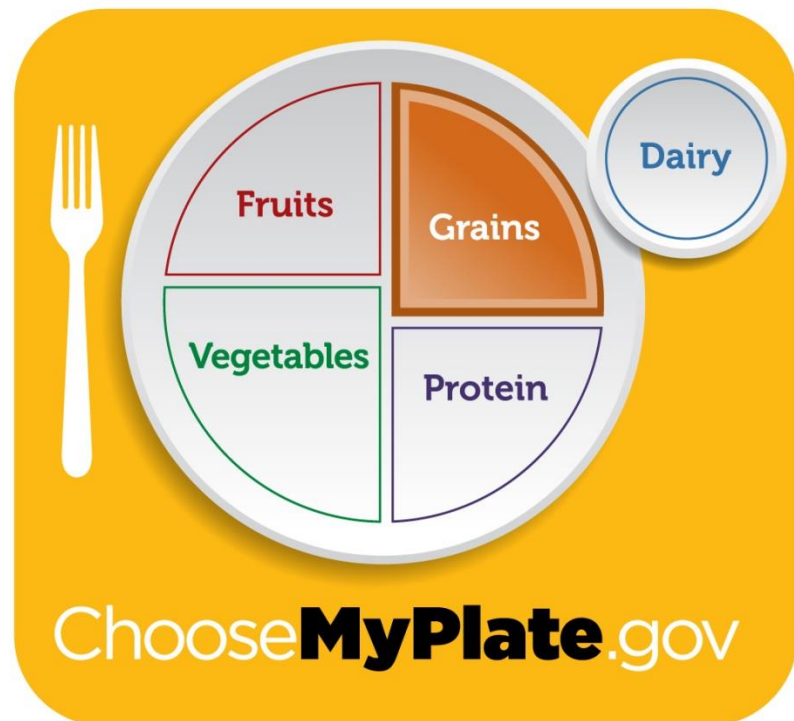
And from there, the flour is delivered to food companies to combine it with other ingredients and made into **all kinds of foods** we like to eat!





How Much Wheat to Eat?

Grains like wheat are so important to our diet that the nutrition experts say kids should eat **five or six servings every day!** Three of those servings should be whole grains.





How Much Wheat to Eat?

A serving is:



A Slice of
Bread



A Cup of
Ready to Eat
Cereal



Half a Cup
of Pasta or
Cooked Cereal



Wheat Gives Us

FIBER for
digestive health

CARBOHYDRATES
for energy

B-VITAMINS & IRON
that helps keep our
bodies healthy





Thanks To Our Wheat Farmers!

