

There are six main types, or “classes,” of wheat, each with different properties, purposes and growing regions. The class of wheat is determined by growing season and the hardness, shape and color of the wheat kernels. In the United States, about 70 - 80% of the wheat is winter wheat.

There are hundreds of wheat varieties, but they all fit into one of six classes. A farmer will choose what type of wheat to plant based on the geography, rainfall, temperature, soil type and market opportunity.

## Hard Red Winter

**Main Growing Region:** Great Plains

**Planting Season:** Fall

**Harvesting Season:** Spring or summer

**Characteristics:** Excellent for milling and baking

**Protein Level:** High

**Used For:** All purpose flour, blending with other flours, hearth breads, croissants, hard rolls, flatbreads and Asian noodles

## Soft Red Winter

**Main Growing Region:** Midwest

**Planting Season:** Fall

**Harvesting Season:** Spring or summer

**Characteristics:** Low gluten content

**Protein Level:** Low

**Used For:** Confectionery goods like cookies, crackers, cakes and blending for baguettes and other breads

## Hard White

**Main Growing Region:** Diverse growing region

**Planting Season:** Depends on growing region

**Harvesting Season:** Depends on growing region

**Characteristics:** Milder, sweeter taste

**Protein Level:** High

**Used For:** Asian noodles, pan breads or flatbreads

## Hard Red Spring

**Main Growing Region:** North

**Planting Season:** Spring

**Harvesting Season:** Summer or fall

**Characteristics:** Superior for milling and baking

**Protein Level:** High

**Used For:** “Designer” breads like hearth breads, rolls, croissants, bagels, pizza crust, and blending with other flours

## Durum

**Main Growing Region:** Southwest & North

**Planting Season:** Depends on growing region

**Harvesting Season:** Depends on growing region

**Characteristics:** Hardest class of wheat with high gluten content

**Protein Level:** High

**Used For:** Semolina flour, pasta, couscous and some Mediterranean breads

## Soft White

**Main Growing Region:** Pacific Northwest

**Planting Season:** Depends on growing region

**Harvesting Season:** Depends on growing region

**Characteristics:** Low moisture content with excellent milling properties

**Protein Level:** Low

**Used For:** Asian noodles, cakes and pastries

# Types of Wheat Matching Activity

**Directions:** Match the vocabulary words to the correct definition. Keep in mind the same word can be matched multiple times.

**Hard Red Spring**

Grown in the Pacific Northwest

Used to make all-purpose flour

Planted in the spring

**Soft White**

The hardest of all wheat types

Grown in the North

**Durum**

Has lower gluten content

Known for its milder, sweet taste

**Hard Red Winter**

Can be planted and harvested in multiple seasons based on the growing region

Used for “designer” breads

Grown in the Midwest

**Soft Red Winter**

Has low moisture content

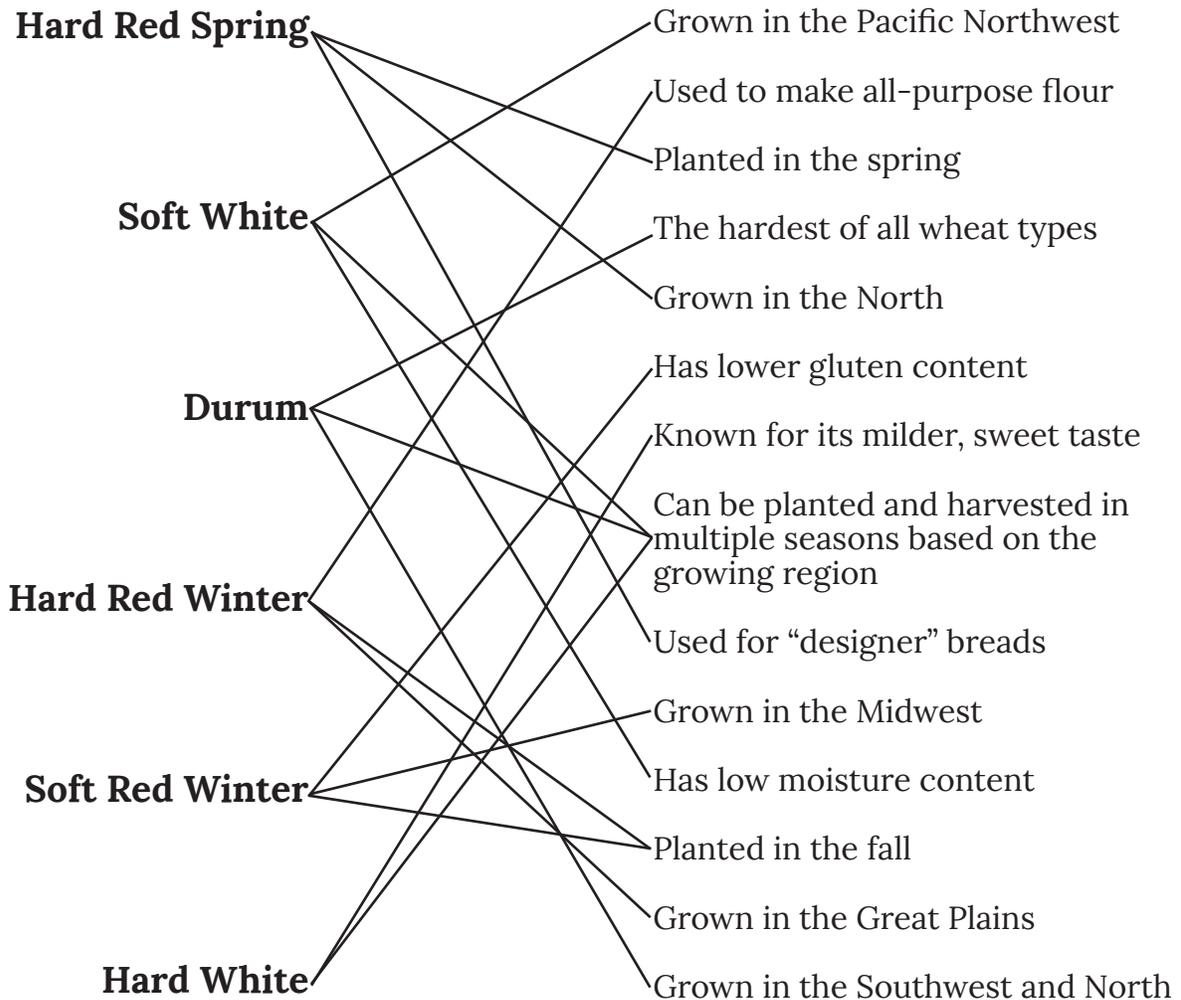
Planted in the fall

Grown in the Great Plains

**Hard White**

Grown in the Southwest and North

**Directions:** Match the vocabulary words to the correct definition. Keep in mind the same word can be matched multiple times.



# Types of Wheat

## Fill in the Blank Activity

**Directions:** Read each sentence and fill in the blank with the correct answer from the word bank.

Word Bank			
Hard Red Spring	Red/Brown	Sweeter	Soft Red Winter
Six	Hard Wheat	Hard Red Winter	White/Light
Designer	Durum	Summer or Fall	Hard White
Soft White	Winter Wheat	Soft Wheat	Milder

- There are \_\_\_\_\_ main types, or classes, of wheat.
- \_\_\_\_\_ is planted in the fall and harvested in the spring or summer.
- Spring wheat is planted in the spring and harvested in the \_\_\_\_\_.
- \_\_\_\_\_ is known for high protein levels.
- \_\_\_\_\_ is known for low protein levels.
- Red wheat is \_\_\_\_\_ in color.
- White wheat is \_\_\_\_\_ in color.
- Hard white wheat is lighter in color and has a \_\_\_\_\_ and \_\_\_\_\_ taste.
- \_\_\_\_\_ is known for its high protein content and is used to make semolina and pasta.
- The wheat type most commonly used for all purpose flour is \_\_\_\_\_.
- Soft white wheat is best for making \_\_\_\_\_, \_\_\_\_\_ and pastries because it has lower protein content and a tender texture.
- \_\_\_\_\_ is lighter in color and is often used for making \_\_\_\_\_ and pizza dough.
- \_\_\_\_\_ has a low gluten content and is used for confectionery goods like cookies, crackers and cakes.

# Types of Wheat

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### Word Bank

Hard Red Spring	Red/Brown	Sweeter	Soft Red Winter
Six	Hard Wheat	Hard Red Winter	White/Light
Designer	Durum	Summer or Fall	Hard White
Soft White	Winter Wheat	Soft Wheat	Milder

1. There are six main types, or classes, of wheat.
2. Winter wheat is planted in the fall and harvested in the spring or summer.
3. Spring wheat is planted in the spring and harvested in the summer or fall.
4. Hard wheat is known for high protein levels.
5. Soft wheat is known for low protein levels.
6. Red wheat is red/brown in color.
7. White wheat is white/light in color.
8. Hard White Wheat is lighter in color and has a milder and sweeter taste.
9. Durum Wheat is known for its high protein content and is used to make semolina and pasta.
10. The wheat type most commonly used for all purpose flour is Hard Red Winter.
11. Soft White Wheat is best for making noodles, cakes and pastries because it has lower protein content and a tender texture.
12. Hard Red Spring wheat is used to make "designer" breads like hearth breads, rolls, croissants, bagels and pizza crust.
13. Soft Red Winter has a low gluten content and is used for confectionery goods like cookies, crackers and cakes.