

The Fields of Learning program was designed to be flexible and adaptable and can be utilized in multiple grade levels, subject areas and learning environments.

In this lesson, students will learn about wheat's role in a balanced diet. Students will identify the different parts of the wheat kernel and how they provide different nutritional qualities. Students will discover the different nutrients derived from wheat-based products and the different types of flour.

Grade(s)	Subject	Course & TEKS Number	TEKS Description	Alignment Description
6, 7, 8	Family & Consumer Sciences	Middle School FCS (c)(3)(A)	Demonstrate knowledge of nutrition and wellness practices	Role of whole grains in healthy eating
7	Family & Consumer Sciences	Principles of Food Science 130.228(c) (3)(A)	Identify the functions of nutrients in the human body	Carbohydrates and fiber
8, 9	Family & Consumer Sciences	Principles of Food Science 130.228(c) (3)(C)	Analyze food sources and nutrient content	Nutrient evaluation of wheat foods
10, 11, 12	Family & Consumer Sciences	Culinary Arts (c)(7)(A)	Apply nutrition principles to menu planning	Selecting whole and enriched grain options