

Types of Wheat

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

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

Hard Red Winter

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

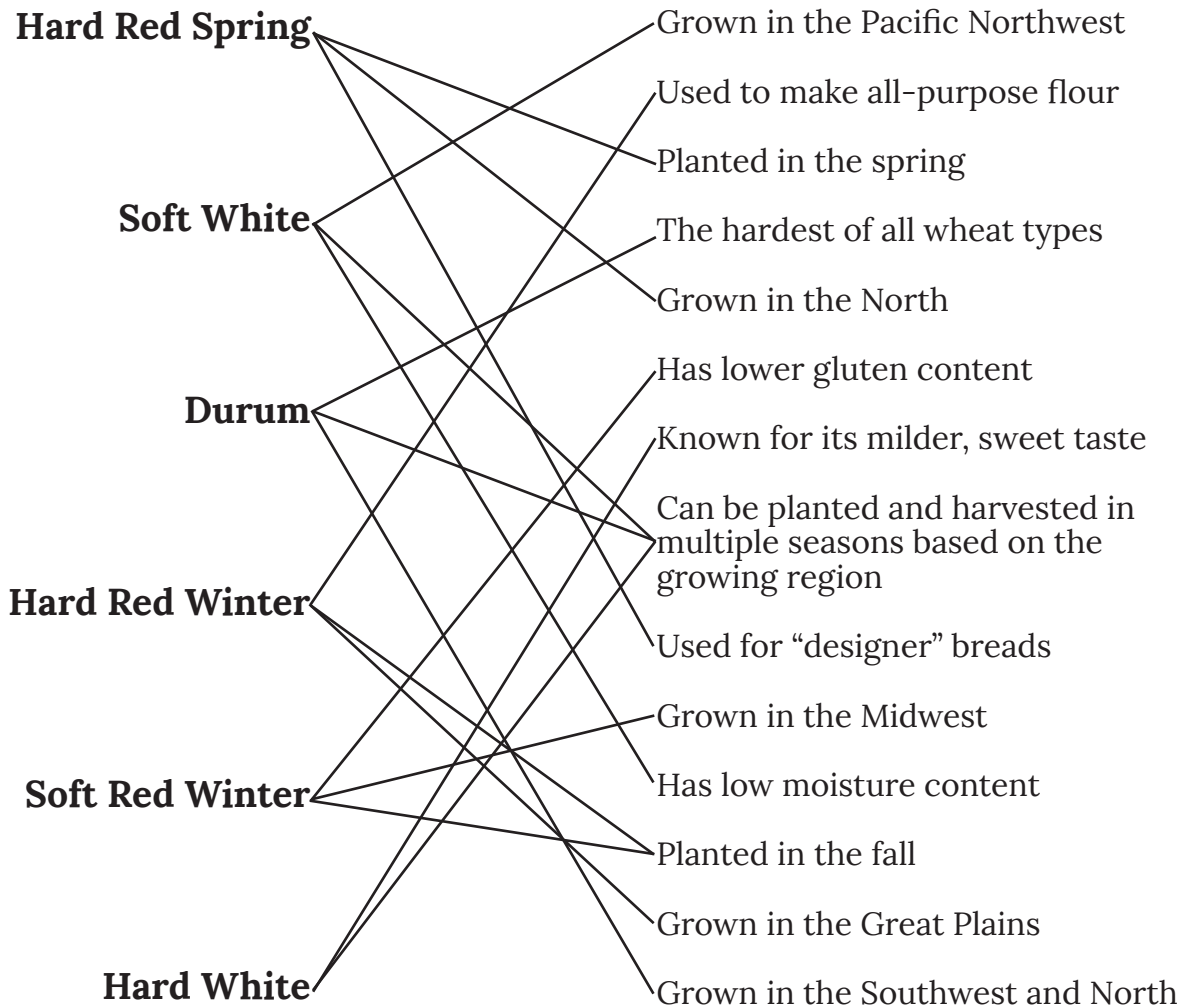
Grown in the Southwest and North



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Types of Wheat Matching Activity Answer Key

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

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 six main types, or classes, of wheat.
- Winter wheat is planted in the fall and harvested in the spring or summer.
- Spring wheat is planted in the spring and harvested in the summer or fall.
- Hard wheat is known for high protein levels.
- Soft wheat is known for low protein levels.
- Red wheat is red/brown in color.
- White wheat is white/light in color.
- Hard White Wheat is lighter in color and has a milder and sweeter taste.
- Durum Wheat 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 Hard Red Winter.
- Soft White Wheat is best for making noodles, cakes and pastries because it has lower protein content and a tender texture.
- Hard Red Spring wheat is used to make "designer" breads like hearth breads, rolls, croissants, bagels and pizza crust.
- Soft Red Winter has a low gluten content and is used for confectionery goods like cookies, crackers and cakes.



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Types of Wheat Matching Activity

Directions: Cut out each type of wheat and distribute to students/groups. Make as many copies as needed. Instruct students to hold up the card that matches the definitions included at the end of the 'Introducing Wheat' slide deck.

Hard Red Winter Wheat



Hard Red Spring Wheat



Soft Red Winter Wheat



Durum Wheat



Hard White Wheat



Soft White Wheat

