



**FIELDS OF
LEARNING**
TEXAS WHEAT PRODUCERS BOARD

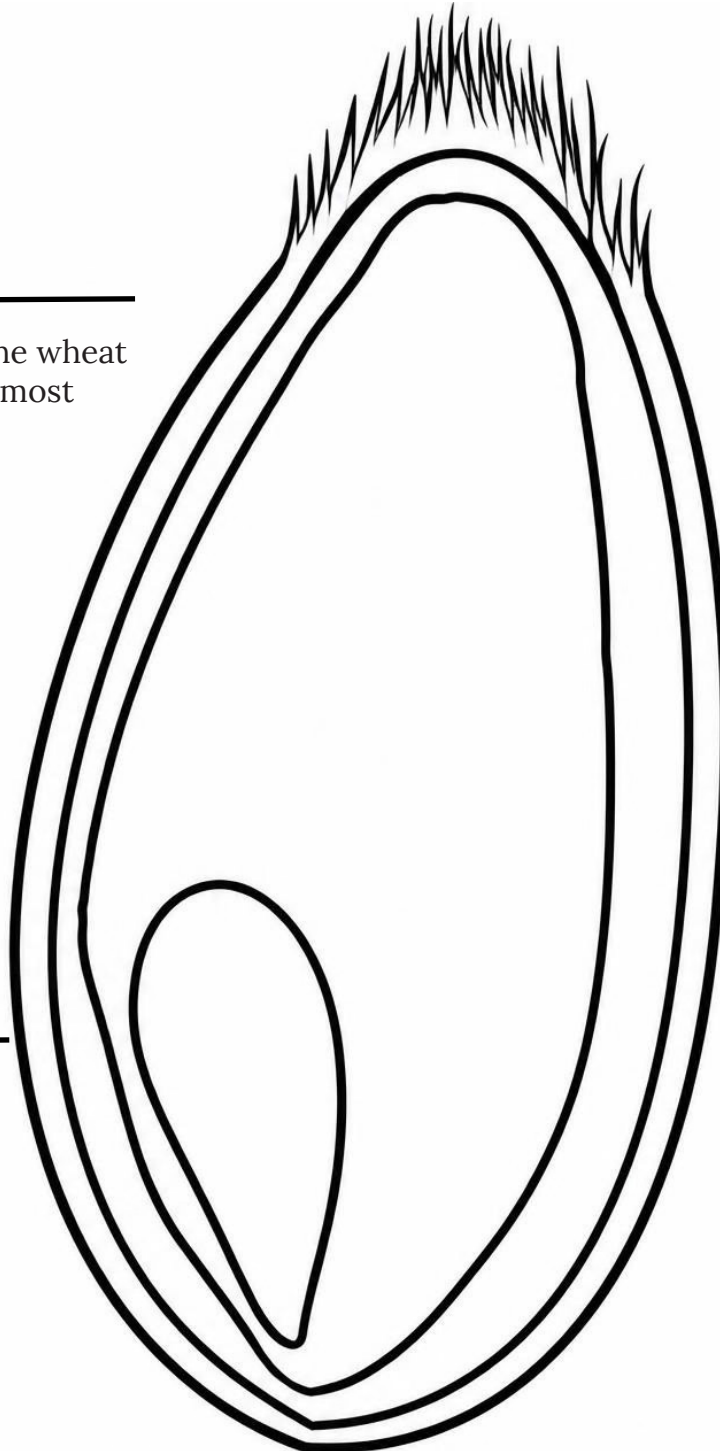
Wheat Kernel Coloring & Labeling

Directions: Label each part of the wheat kernel (bran, endosperm and germ), draw a line from the name and description to the section on the kernel and then color the kernel.

The outer layer of the wheat kernel contains the most fiber.

The middle layer of the wheat kernel contains protein, carbohydrates and small amounts of B vitamins.

The inner part of the wheat kernel contains trace minerals, unsaturated fats, B vitamins, antioxidants and phytonutrients.





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Wheat Kernel Coloring & Labeling Answer Key

Directions: Label and color the bran, endosperm and germ.

Bran

The outer layer of the wheat kernel contains the most fiber.

Endosperm

The middle layer of the wheat kernel contains protein, carbohydrates and small amounts of B vitamins.

Germ

The inner part of the wheat kernel contains trace minerals, unsaturated fats, B vitamins, antioxidants and phytonutrients.

