

## Match the Grains Activity Sheet

*Adapted from The Learning Kitchen (a program of Hunger Free Vermont)*

Use the following list of descriptions when conducting the matching/identification activity:

**Wheat Berries-** I come from a wheat plant. I am a whole seed, containing all parts, including endosperm, bran and germ. When you eat me, you get protein iron, trace minerals, B-vitamins and fiber.

**Popcorn-** I am an a-maize-ing grain developed by Native Americans. This special variety is good to pop over a fire. Today people enjoy me with butter at the movies!

**Cornmeal-** I am a flour ground from corn kernels. I am used to make many different foods including corn tortillas, corn bread, and polenta. I can come in different colors from yellow, to blue to white.

**Buckwheat-** I am a seed shaped like a triangle. I come in many different shades of brown, light and dark. I can be added to pancakes, and I am gluten free.

**Amaranth-** My seeds are very small and are usually yellow in color. I am gluten free and can be cooked like popcorn. I contain more protein, iron, calcium, magnesium than rice.

**Brown Rice-** I am a long skinny brown seed. I look just like white rice but without the bran removed. I am a good source of fiber and have a nutty flavor.

**All-Purpose White Flour-** I am not a whole grain. I am a flour made from wheat seeds that have had their bran and germ removed. I contain mostly carbohydrates, and not as many vitamins and minerals or as much fiber.

**Barley-** I am related to the wheat plant, and my whole kernels are brown and oval shaped, with a line down the middle. I contain lots of fiber, and grow more easily than wheat in colder climates.

**Rye Berries-** I am related to wheat and my seeds look very similar. I have a very strong flavor, and am used in pumpernickel bread.

**Spelt-** I am related to wheat, but have less gluten in me. My kernels are light brown, and skinnier than a wheat seed. I can be used to replace wheat in a recipe for people who are not allergic but are sensitive to gluten.

**Whole-wheat Flour-** I am a flour made from the whole kernel of wheat, bran and germ included. Because I have lots of nutrients in me, I will go bad if I am left out of the refrigerator for a few weeks.

- There are different kinds of whole wheat depending on what you want to make. Whole-wheat pastry flour is made from spring wheat, which is planted in the spring and harvested in the fall. It is low in protein, and good for making pastries, and muffins. Whole-wheat all-purpose flour or bread flour is made from winter wheat and contains more gluten. This flour is better for bread because it has more of the protein gluten which gives the bread a nice chewy texture.

**Steel Cut Oats-** I am made from the whole oat seed, but cut into pieces so I can be cooked and digested more easily. I make a yummy breakfast cereal.

**Rolled Oats-** I am often eaten as a delicious breakfast, as a warm cereal, or in cold granola. My seed has been rolled flat to cook faster.

**Millet-** I am a small round, white or light yellow seed, and can be cooked many ways, like rice, or as hot cereal. I am high in protein, iron, vitamin B and phosphorus. I am gluten free.

**Quinoa-** My grains are white or reddish brown. When I am cooked I expand to be four times my original size. I am high in protein and a good choice for people who cannot eat gluten.

**Buckwheat-** I am a seed shaped in the form of a triangle. My seeds can be light to dark brown. I can be added to pancakes, and I am gluten free.

**Bulgur-** I am yellow and am made from a particular kind of wheat called durum wheat, crushed. Because I'm made of crushed wheat seeds, I am made up of small, irregularly shaped bits. Although a small amount of the bran is removed before you eat me, I am still considered a whole grain, because I am high in fiber, iron and B-vitamins like other whole grains.