



Grains



Grains

What are these?

Are they the same?

Do you know what each one of these grains are called?



People eat grains in a number of ways

They eat some grains, such as rice and corn, on their own. They also eat grains as ingredients of other foods, such as breakfast cereals and soups.

Grains are also commonly eaten in the form of flour. Flour is made by crushing grains into tiny pieces.



Where do we get the grain from?

Grain is grown in fields by farmers all over the place – you may have seen some while driving around the countryside.



Grains are types of [grass](#) that produce [seeds](#) that can be eaten.



Grains are also called

Cereals



Wheat



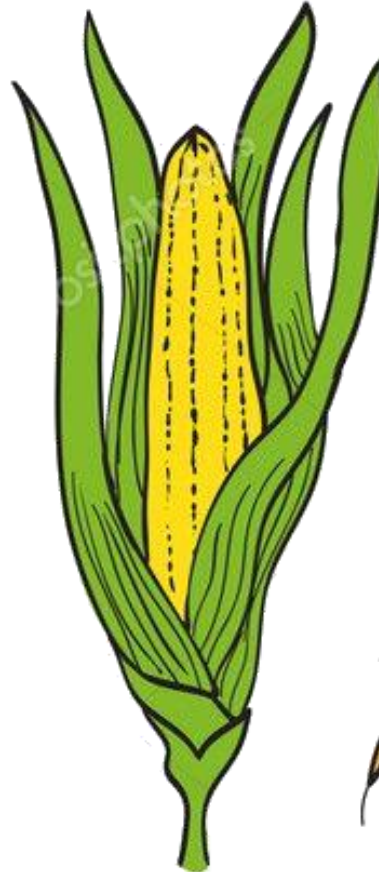
Barley



Rye



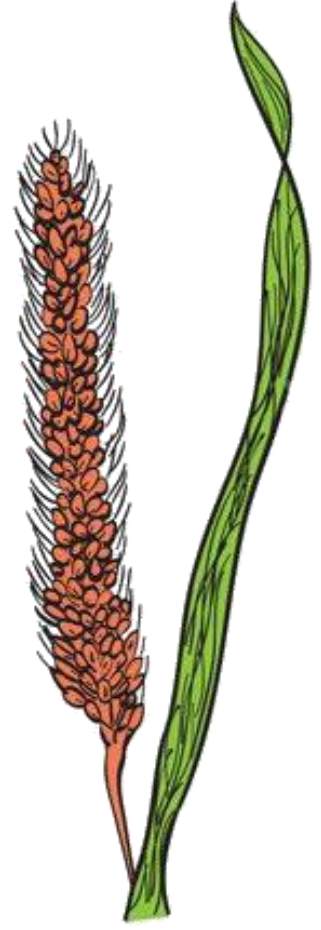
Rice



Maize



Oats



Millet

Why do we need grains?



Grains are a great source of-

Carbohydrates





- Wheat, rice, and corn are the most commonly grown grains.
- Other important grains include barley, oats, rye, millet, and sorghum.

Wheat grains

What do they look like?



Where does wheat grains come from?

The grains are in the **ears** of the wheat plant.



Wheat – makes flour which can be used to make foods like bread, pancakes, scones.



What foods are made from wheat?



Bread



Scones



Pancakes

Oats

What do they look like?



Where do oat grains come from?

The grains are in the ears of the oat plant.

Plant



What foods are made from oats?

Oats – can be used to make porridge, oatcakes or muesli



Porridge



Oat cakes



Muesli

Barley

What do they look like?



Where do barley
grains come from?

The grains are in the ears of the barley plant.

What foods are made from barley?

Barley – can be added to stews, salads and soups and helps to make them more filling



Soup



Salad



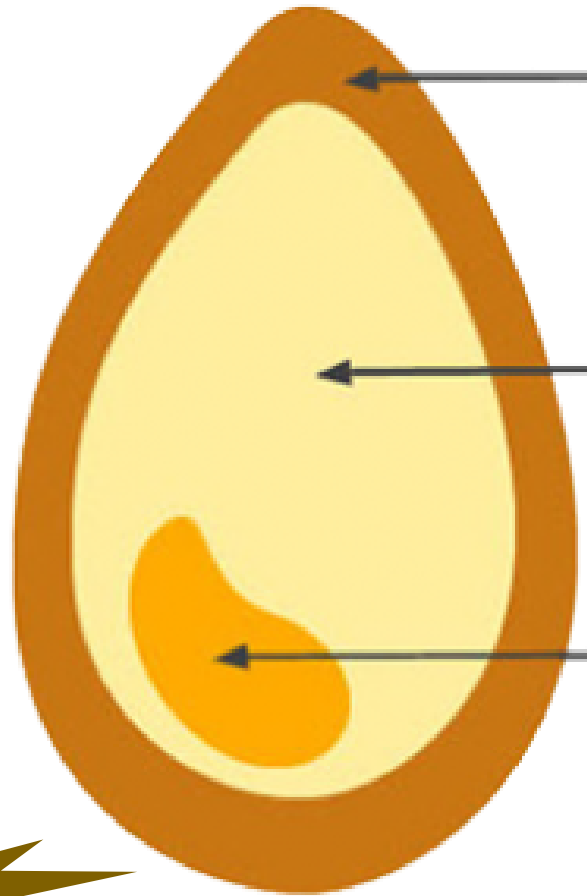
Flour

What's the difference?

Whole Grain

vs.

“White” Grain



Bran

The outer layer which protects the inside of the grain

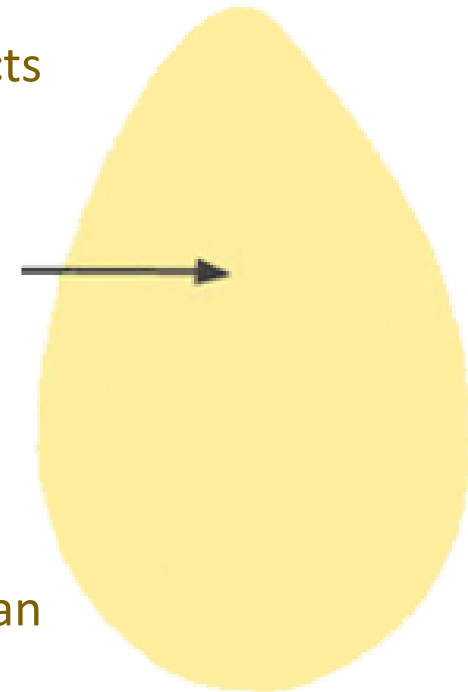
Fibre

Endosperm

It provides food for the germ

Germ

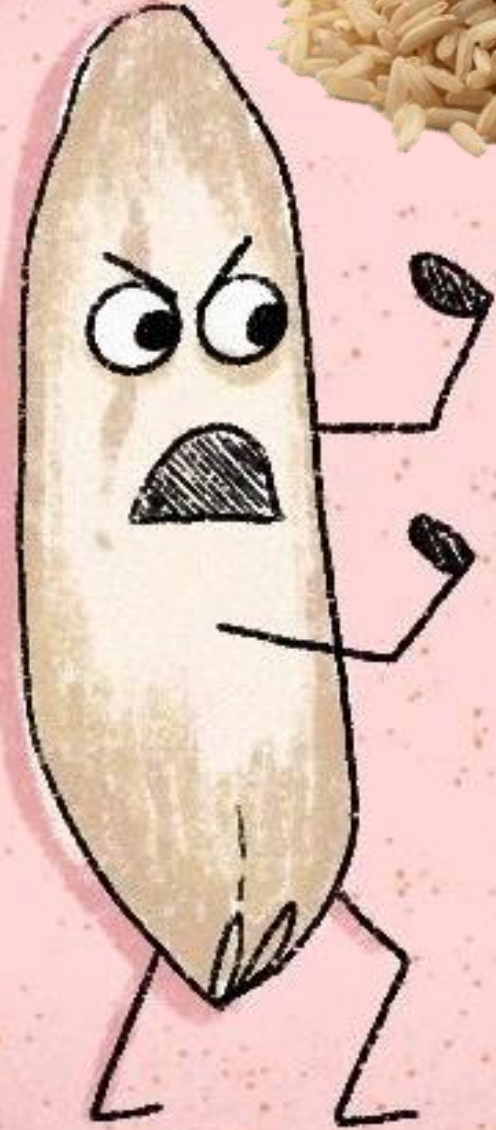
The part of the grain that can grow into a new plant



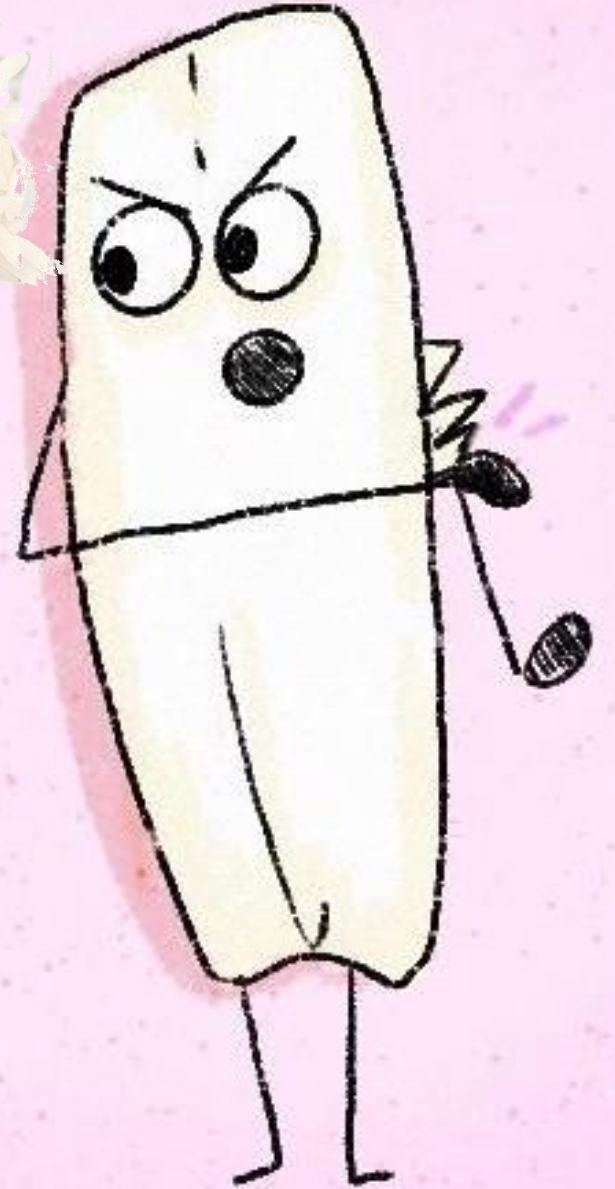
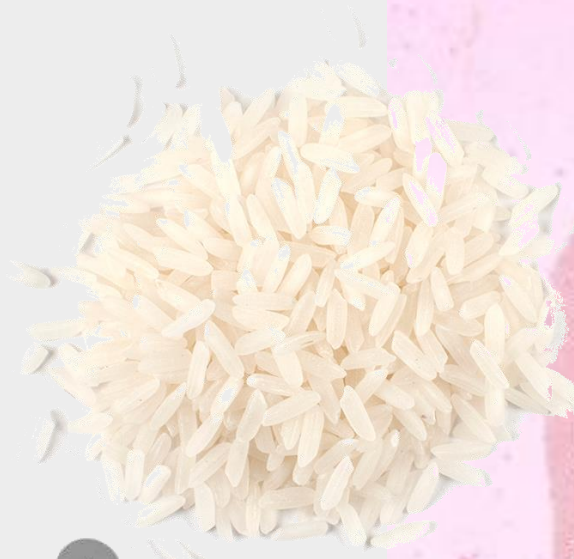
Remember

Whole grains have more nutrients than white grains

Brown Rice



White Rice



Which one is healthy?

Grains have other uses, too.

Farmers use grains to feed farm animals.
They use straw, or the stalks of grain plants, as bedding for animals.





- People also use grains in industry.
- Grains are used to make oils, glue and other products.

Home activity



Wheat search

Look for foods at home which are made with wheat (e.g. breakfast cereals) and with wheat flour. Then list or sketch the foods in the boxes outlined below.



Story time

The Little Red Hen



<https://www.youtube.com/watch?v=CLqGLE5zTIk>

Thank You!