

## Labels for 6 Grain Props

I am rolled flat and you usually eat me in cereals, both hot and cold. I rarely have my bran and germ removed, so if you see me in an ingredient list, you're getting a whole grain!

**D**

I am usually prepared white and I am eaten daily in Asian countries. But look how colorful I can be!

**A**

When I am whole, I am called an ear. Here I am ground into a flour which you can use make to make a tortilla.

**B**

Here I am when I am fresh from the farm and after I am removed from the stalk. You can process me into many edible forms.

**F**

I may be small and round , but I have the most protein of any grain! Cook me with rice.

**E**

I have wheat in my name but I am not really a kind of wheat, I just look and act like one! I can be eaten by people who can't digest most other grains. I am really a seed

**C**

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## Sample Bag Labels for Wheat Berries Baggie

Wheat Berries  
Used 3 times:

- To be passed around class
- Half used for mill demo
- Half used for optional milling activity

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