

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

# Cereal Grains



Answer each of the following questions in the spaces provided.

1. Cereals are \_\_\_\_\_ of the \_\_\_\_\_ family that have been grown for food. They are a rich source of the nutrient \_\_\_\_\_.

2. List the six common cereal grains.

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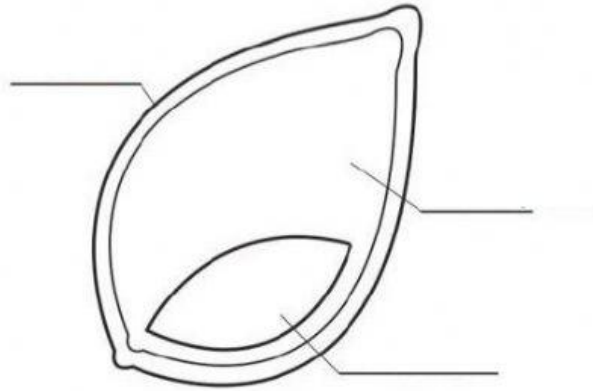
3. a. A food that is eaten regularly and forms a large portion of a country's diet is called a \_\_\_\_\_.

b. List **TWO** characteristics of the item named above.

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4. Label the parts of a cereal grain on the diagram below.



5. Name **ONE** nutrient found in each of the following parts of the cereal grain.

Germ- \_\_\_\_\_

Bran- \_\_\_\_\_

Endosperm- \_\_\_\_\_

6. List three different products made from cereal grains.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. After adding cereal to boiling water it should be gently \_\_\_\_\_ to separate the cereal particles and prevent lumping.