

Name: _____ Gr: _____ Date: _____

Cereal Grains

1. Cereals are the seeds of certain _____ plants which have been grown for food.
2. _____ rice keeps the germ and bran on the grain.
3. Flour is made from _____
4. The most commonly used cereal grain is _____
5. The _____ is the fiber filled part of the grain
6. Staples food are known as the largest part of a people's diet. One advantage of staple food is that they are _____.
7. Store in a cool dry place as damp conditions will cause cereal to get _____.
8. Which part of the grain provides us with vitamin B& E, fats, iron and protein. _____
9. The best flour to use to make bread is _____ flour.
10. Oats is rich in _____.
11. _____ is eaten as a vegetable or made into other products such as breakfast cereal.
12. The main staple food in the Bahamas is _____.
13. Which part of the grain will start to grow a new cereal grain when planted. _____.
14. _____ flour give a soft structure to cakes
15. The grain kernel has three parts, label the parts of the grain
 - a. Endosperm
 - b. Germ
 - c. Bran

