

Name: _____

Grade: _____

Cereal Grains



Answer each of the following questions in the spaces provided.

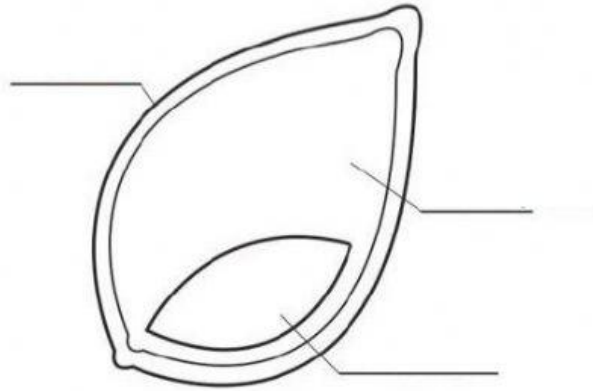
1. Cereals are _____ of the _____ family that have been grown for food. They are a rich source of the nutrient _____.

2. List the six common cereal grains.

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.

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.