

Lesson: K-5: What Wheat Can We Eat?

Overview: **Wheat** is a plant. We get **flour**, the *ingredient* we use for food, from wheat. It is important for us to take care of this plant for us to have food to survive.

Lesson	Time	Essential Questions	Activity	Conclusion
<i>What Wheat Can We Eat?</i>	25 minutes	<p>What is wheat?</p> <p>What do we use wheat for?</p> <p>Why is flour important for us to have as food?</p>	<p>Students will conduct an exploration of flour. On a plate, have a small amount of wheat flour for students to observe. Ask students what they notice? Have them use their senses to observe.</p> <p>Explain that the soft ground stuff is flour. Flour comes from wheat. Ask students what flour is used for? Explain it is used in baking. A lot of food we eat is made from flour which comes from wheat.</p> <p>Together, make a list of things they know have wheat as an ingredient. (Examples: cake, cookies, bread) Why is flour important? Why is it important to protect wheat? Answer: We need it for food. Food is a basic need for people.</p>	<p>Students will observe the ingredient we know as wheat flour. Students will be able to explain what we use it for and why it is important for people.</p> <p>Students will have knowledge about wheat flour as an ingredient in a list of common foods they eat and the importance within their food system.</p> <p>Wheat is important for the food we eat to survive. We need to take care of wheat like a plant so we can have food.</p>

Additional Resources:

Where Does It Come From?: From Wheat to Bread by Penelope S. Nelson