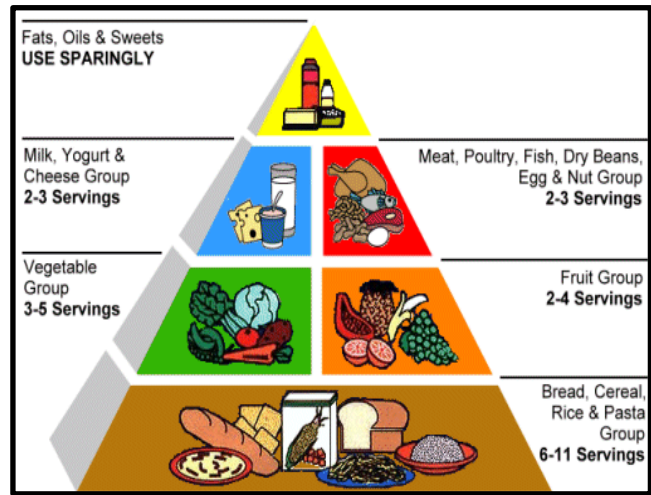


Did you know..... Wheat is one of the world's most important food crops? It is the largest food group in the food pyramid and is recommended that we consume 6-11 servings of grains each day for a healthy body. That's 45% of our daily calories from carbohydrates!! The carbohydrates in bread, cereal, pasta and other grain-based foods provide fuel the body needs. Wheat energizes the body, keeping us active and growing strong!



Wheat Foods Word Search

Did you know that a lot of the food you eat everyday contains wheat? In fact these foods can help energize your body! Can you find the following wheat foods in the puzzle?

O P M M L W E E L C B C P Z V
 N H A W J Z M Z N J O G A C F
 K A H G M F S J M O U R S O X
 P C E R Q C W Q K Z Z Z T P O
 P R E T Z E L I E A T J A W P
 D C N N F P E T C E R E A L B
 S Y F B J E A C O Z D I G V R
 A O D Q G Z C F M R Z K N J E
 D X L T Z R Q M R K T X G Z A
 U E T I A W G T J H S I E M D
 W T P C P A N C A K E K L K K
 N T K S S F R Z Z K A I P L N
 Y E P M E F E A E C V W H N A
 R Q E M X Q W R O H H R H G G
 H X C X W W L H T H F K N V F

- | | |
|---------|----------|
| BREAD | PANCAKE |
| CAKE | PASTA |
| CEREAL | PIZZA |
| COOKIE | PRETZEL |
| CRACKER | TORTILLA |

Whole Wheat Chocolate Chip Cookie Recipe

- 3/4 cup** granulated sugar
- 3/4 cup** packed brown sugar
- 1 cup** butter or margarine, softened
- 1 teaspoon** vanilla
- 1** egg
- 2 cups** Gold Medal® whole wheat flour
- 1 teaspoon** baking soda
- 1/2 teaspoon** salt
- 1 package (12 ounces)** semisweet chocolate chips (2 cups)



- Heat oven to 375°F.
- Mix sugars, butter, vanilla and egg in large bowl. Stir in flour, baking soda and salt (dough will be stiff). Stir in chocolate chips. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.
- Bake 8 to 10 minutes or until light brown (centers will be soft). Cool slightly; remove from cookie sheet. Cool on wire rack.

About Us

The North Carolina Small Grain Growers Association was established to encourage, promote, and develop more efficient small grain marketing and production. Our goal is to participate in all matters relative to the interest of small grain producers in North Carolina.

We promote applied research in production, efficient management practices, and variety development. We also promote educational programs for the progress of small grains in North Carolina and work with individuals, organizations, and governmental agencies toward the achievement of increased profits from small grain production in North Carolina.



NC Small Grain Growers Association

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Six Classes of Wheat Grown by Farmers in the U.S.

Draw a line to match the food to the correct wheat class!!!



Hard Red Winter

Known for excellent milling and baking characteristics, used for general purpose flour and cereal.



Hard Red Spring

Which is used to make "designer" wheat foods like rolls, croissants and bagels.



Soft Red Winter

Produces a softer wheat, used to make cookies, crackers and pastries.



Soft White

Is a white wheat used for cakes, pastries and Asian-style noodles.



Hard White

The newest class of U.S. wheat, is used for whole wheat products including pan breads and flat breads.



Durum

The hardest of all wheats, is a rich amber color and used for pasta.

