

Name: _____

Date: _____

Grains

Directions: Wheat, corn, rice, and oats are grass plants that are used to feed people from around the world. We call their seeds **grains**. With an adult, look through your kitchen or neighborhood store to see what grains or foods made from grains there are.

Here are some possible examples:

Tortillas
Muffins

Corn
Popcorn

Cereal
Grits

Bread
Cornstarch

Flour
Rice

Do you have these or other **grains** in your home? List as many as you can in the boxes below. If you're not sure, check the ingredients list on the package.

WHEAT	CORN
RICE	OATS