

HOME/SCHOOL CONNECTION

Grass and Grain Seeds

Wheat, corn, barley, rice, and oats are grass plants that are staple sources of nutrition for cultures around the world. The abundant seeds of those plants are the group of foods we call grains. You may have examples of grains in your kitchen, perhaps as whole grains of rice or a tortilla made from flour. Here are some places where another grain, corn, might be found in your kitchen.

- tortillas
- cereal
- bread
- flour
- muffins
- frozen corn
- canned corn
- popcorn
- grits
- cornstarch

Have your child look for examples of grains in your home. He or she can list or draw the examples below.

Wheat		Corn	
Rice	Oats	Barley	