

Activity

A look at grain products and labels

This activity will illustrate:

- Role of the baking industry in our food supply
- Different products that can be made from wheat and other grains
- An introduction to food labels

Options

This activity can be done by:

- visiting a grocery store for a field trip
- searching for grain products at home as an assignment
- bringing empty grain product packages from home to school for discussion
- combining the above options

Discussion topics:

1. Identify the different types of breads and other products made from wheat or other grain products.
 - a. How many different breads were identified?

Pan breads (baked in a pan)	Sliced breads like: enriched white bread; 100% whole wheat bread; a variety of whole grain breads
Hearth breads (or crusty breads) no pan is used	Crusty Italian bread, French bread or Portuguese bread; rye bread, pumpernickel
Artisan breads	Focaccia (plain or with herbs), ciabatta, baguettes, bâtard
Flat breads	Pita, chapatti, naan, tortillas, pizza bread
Quick breads	Muffins, banana bread, scones, biscuits

2. Look at the ingredient list of the different breads and baked products. If reading labels is not possible at the grocery store, students can bring in bread bags, cracker boxes, other empty packages.
 - a. What is the first ingredient? (e.g., what kind of flour)
 - b. Some are made from enriched white flour and some from whole grain wheat flour. What are some of the differences?
3. Identify five other products made from grains and/or wheat.
 - a. What other grain products were identified? (e.g. couscous, pasta, wheat germ, wheat bran, rice, cornmeal, breakfast cereals, oatmeal, other baked goods)