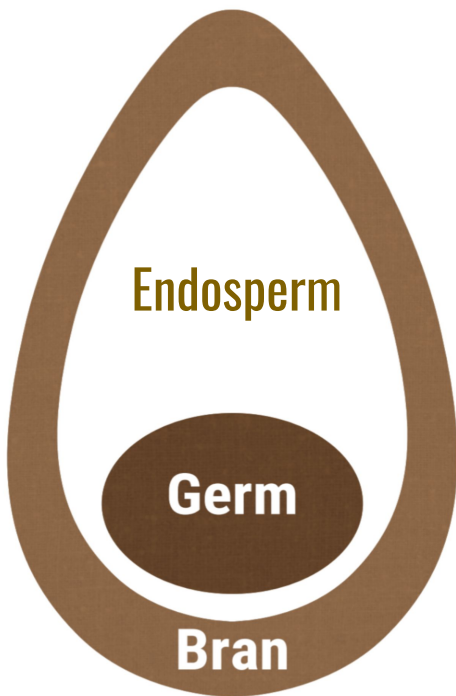


# Food Fun & Reading

This month we will talk about the food group Grains. Did you know there are 3 parts to a kernel of grain? The endosperm, the germ and the bran.



When a grain is refined (that's what they do to make white flour) some parts of the grain are removed. When we eat whole grain foods we eat all 3 parts of the grain.

Which way do you think is healthier?

Yep, it is healthier to eat whole grains and foods made with whole grains. That means we eat all 3 parts of the kernel of wheat. About half of the grains that you eat in a day should be whole grains.

What are your favorite ways to eat whole grains?

## WHOLE WHEAT TORTILLAS

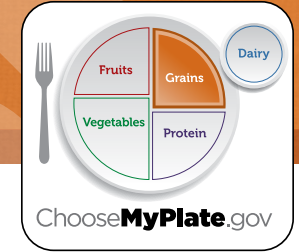
### Ingredients

- 2 cups wheat flour
- 3/4 cup of warm water
- 1/2 teaspoon salt
- 16 cheese slices
- 3 tablespoons oil

### Instructions

1. In a large bowl combine flour and salt. Add water and oil to form the dough. If necessary, add a bit more water. Knead the dough with your hands and mix until the dough is smooth and is able to be molded.
2. Divide the dough into 16 small round portions and form them into ball shapes. Let the dough rest for 10 minutes. On a lightly floured surface, roll out tortillas to your preferred thinness. In a hot greased pan cook them for a minute on each side. Top with a slice of cheese and roll up.





Cut and Glue: What order do you think the wheat comes? Cut out the images and glue them in the correct order.

1

2

3

4

