

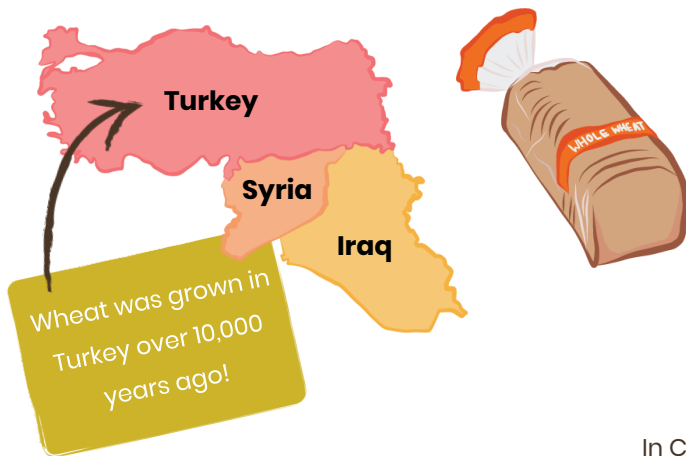
WHEAT

The Wheat Kernel

Each tiny wheat kernel is made up of three parts: the endosperm, bran, and germ. The **endosperm** is about 83% of the kernel weight and is where white flour comes from. The **bran** is about 14.5% of the kernel weight and is included in whole wheat flour. The bran contains lots of vitamins and minerals which is why whole wheat flour is healthier than white flour. The **germ** is about 2.5% of the kernel weight. The germ is often removed during processing as it contains fat and can decrease the shelf life of flour.



Wheat is the most widely grown crop in the world!



Wheat was grown in Turkey over 10,000 years ago!

Paving the Way for the Future

When people first started to cultivate (grow) wheat, they no longer needed to wander in search of food which allowed them to develop permanent settlements.

Types of Wheat

In Canada the most common types of wheat grown are **durum wheat** and **non-durum** wheat which can be either **hard** or **soft**. Hard wheat is mostly used to make flour while durum wheat is mostly used for making pasta.



What's Wheat Used for?

Wheat is most commonly used to make flour which is then used to make many different food products such as bread, pasta, baked goods, candies and so much more! But wheat is also used to make non-food items such as:

- Concrete
- Paper products
- Cosmetics
- Soaps
- Shampoos
- Plastic bags

