

What is a Grain?

A grain is the seed from certain plants. The seed, or kernel, is made up of three key parts: the bran, the endosperm and the germ - all of which contain important nutrients. Grains can be either whole or refined.

Whole grains contain all three parts of the kernel (bran, germ, endosperm). Examples include rolled oats and brown rice. You can eat whole grains on their own or find them as ingredients in food products or recipes.

Refined grains have one or more of their key parts removed. For instance, white flour and white rice are refined as both have the germ and the bran removed.

Get students thinking by asking if they can name different types of grains.

Note: Things like bread and pasta are made from grain but they are typically both forms of processed wheat. There are many different **types** of grains such as wheat, rice, oats, barley, wild rice, rye, quinoa, buckwheat, and more.

Example of a Whole Grain:

