

WHEAT TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on wheat. Here is some information on wheat.

What Is Wheat?

Wheat is a type of grass grown for its seeds (kernels), which are a major food source. It's used to make flour, the base for foods like bread, pasta, and baked goods. **Read trivia for the week.**

Health Benefits of Wheat

Wheat provides carbohydrates for energy. It contains fiber, B vitamins, folate, iron, magnesium, and antioxidants. **Read trivia for the week.**

Fun Wheat Facts

Wheat was first grown over 9,000 years ago in the Middle East. China, India, and the U.S. are top wheat producers. A single bushel of wheat makes about 42 loaves of bread! Some wheat plants can grow up to 4 feet tall. Wheat is one of the top 3 crops grown worldwide. Gluten, a protein in wheat, helps bread rise and stretch. Leftover wheat straw is used for animal bedding, mulch, and basket weaving. **Read trivia for the week.**

Wheat in South Dakota

Wheat is a major crop grown in South Dakota and is used to make bread, pasta, and more. Farmers plant spring wheat (in spring) and winter wheat (in fall). South Dakota plants an average of: 66 million bushels of spring wheat 47.9 million bushels of winter wheat each year. **Read trivia for the week.**



HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

