



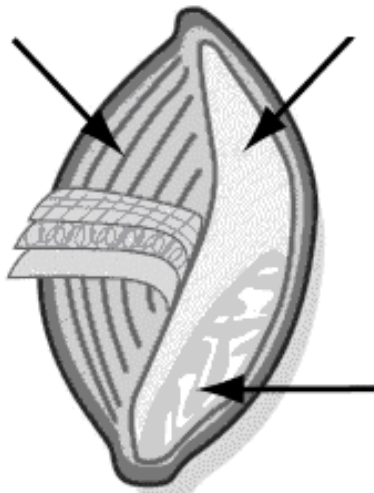
Activity # 5 Fiber Filled Grains!

The Three Parts of a Whole Grains:

- **Bran**- contains dietary fiber. The bran is the tan or brown, outer covering of grains.
- **Endosperm**- mainly contains starch, which is the storage form of glucose in plants. The endosperm is the whitish inner area of the grain.
- **Germ**- contains protein, unsaturated fats, vitamins, minerals, and many other nutrients. The germ is the dark yellow pit within the endosperm.

The bran has the highest amounts of fiber and it is found in cereal grains such as wheat, rye, oats, barley, corn and rice.

Instructions: Label the three parts of a whole grain kernel below. Color the three parts of the grain in its appropriate colors. Students may use the word bank and the description above to help them complete the activity.



Word Bank

Endosperm
Bran
Germ

Which part(s) of a grain kernel are a component of refined grain products such as white bread and white rice?

Which part(s) of a grain kernel are a component of whole grain products such as 100% whole grain bread and brown rice?