



Activity # 5 Fiber Filled Grains!

The Three Parts of a Whole Grains:

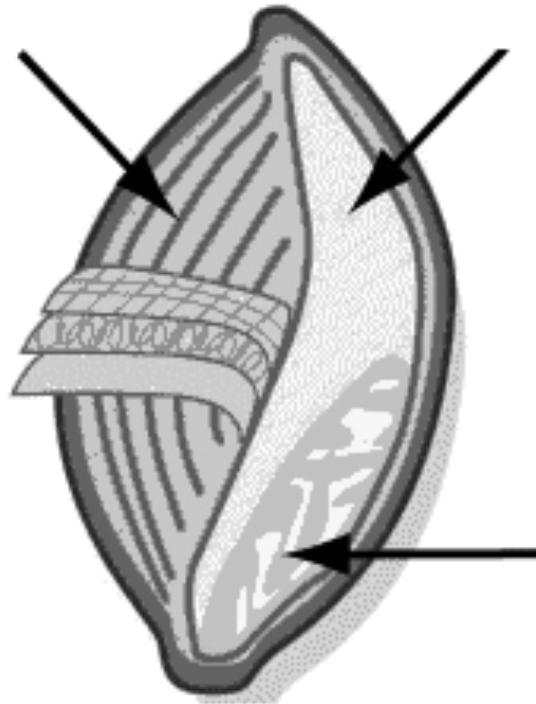
- **Bran**- The bran is the tan or brown, outer covering of grains.
- **Endosperm**- The endosperm is the whitish inner area of the grain.
- **Germ**- The germ is the dark yellow pit within the endosperm.

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





Activity # 5 Answer Key Fiber Filled Grains!

The Three Parts of a Whole Grains:

- **Bran**- the tan or brown, outer covering of grains.
- **Endosperm**- the whitish inner area of the grain.
- **Germ**- a dark yellow pit within the endosperm.

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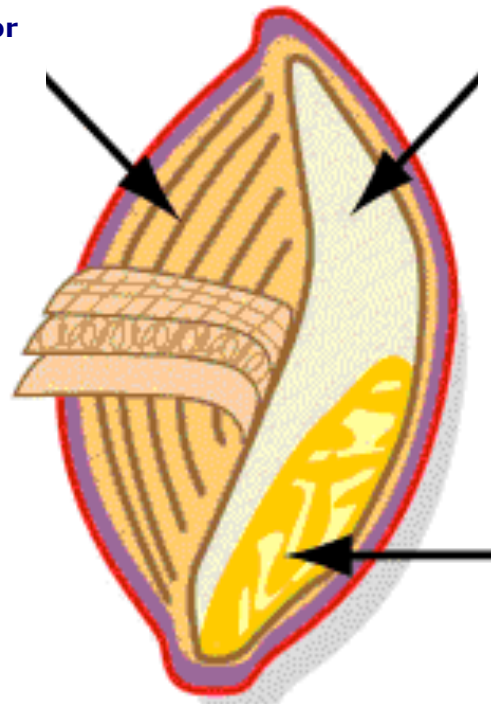
Instructions: Label the three parts of a whole grain kernel below. Color the three parts of the grain in its appropriate colors. Students may use the word bank and the description above to help them complete the activity.

Bran
Color: brown or tan

Endosperm
Color: white

Word Bank

Endosperm
Bran
Germ



Germ
Color: yellow