

### 3rd-4th Grade Wheat to Tabel

**Summary of the Lesson:**

Watch video and read paper instructions

Grow wheat in a grow pan and mature, complete observation sheets

Later after wheat matures, Steph or Abby come in and grind wheat into flour

Talk to students how much wheat is grown in Ellis County

Option: Edible Cookie Dough

Students will understand the importance of wheat and its journey from field to table.

**Procedure:**

*Introduction (10 minutes):*

**Read-Aloud:** Begin the lesson by watching audio book "Who Made My Lunch? From Wheat To Bread" By Bridget Heos and Stephanie Fizer Coleman.

Video by Ellis County Farm Bureau: <https://youtu.be/tNVIK5zXYIY>

Following the conclusion the story watch the provide video by Kansas Wheat Commission Innovation Center. [https://youtu.be/9ctwYVNzIIU?si=0JYIWtz\\_TdbDzs8w](https://youtu.be/9ctwYVNzIIU?si=0JYIWtz_TdbDzs8w)

**Discussion:**

What did you learn about wheat from the videos?

Why is wheat important to us?

**Activity 1:** Grow wheat in your classroom (20 minutes)

Watch video that correlates with activity. <https://youtu.be/hpdA5PFeANU>

As a class us the following: Grow pan, soil, paper towel, wheat seed, spray bottle, instruction video, instruction paper. See instruction paper for details.

Complete the observation papers

**Later Date Activity 2:** Wheat to Flour (15 minutes)

**Grinding Wheat:**

Explain the process of grinding wheat into flour.

Present to students the wheat grinder to demonstrate the process.

**How much wheat grown in our area? (Ellis County)**

**Flour Exploration:**

Let students feel the texture of the wheat flour.

Discuss the many uses of wheat flour in food products.

**Later Date Option Activity 3:** Edible Cookie Dough

<https://sugarspunrun.com/edible-cookie-dough/>

**Conclusion (5 minutes):**

Review the key points of the lesson: the importance of wheat, the stages of wheat growth, and the process of making bread. Ask students to share what they learned and any questions they may have.