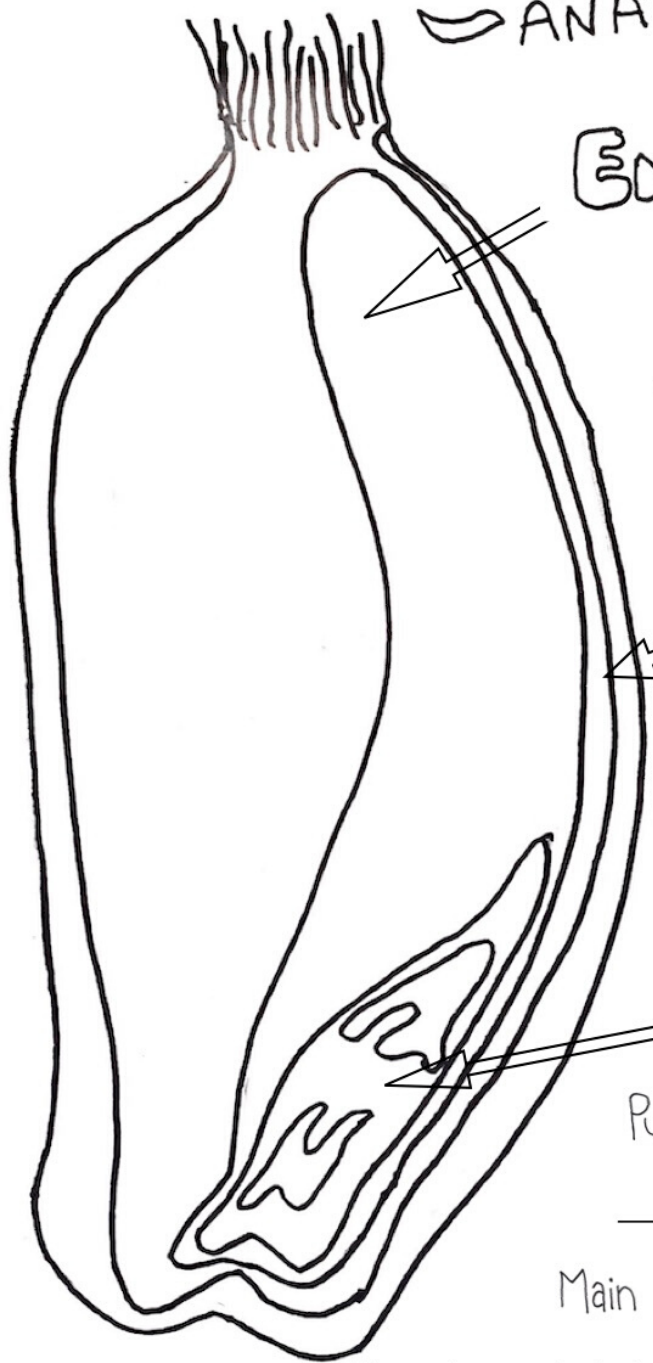


# COLORING SHEET

## ANATOMY OF A WHEAT KERNEL



**ENDOSPERM**

Purpose for seed \_\_\_\_\_  
\_\_\_\_\_

Main nutrient \_\_\_\_\_

**BRAN**

Purpose for seed \_\_\_\_\_  
\_\_\_\_\_

Main nutrient \_\_\_\_\_

**GERM**

Purpose for seed \_\_\_\_\_  
\_\_\_\_\_

Main nutrient \_\_\_\_\_

**ENDOSPERM**

The endosperm is the food for the baby plant as it begins to grow. The endosperm is rich in carbohydrates and makes up the majority of the kernel. The endosperm milled to make white

**BRAN**

The bran is a tough outer shell that protects the endosperm and germ. The bran contains lots of fiber and is included in whole wheat flour.

**GERM**

The germ is what grows into a wheat plant. The germ contains lots of vitamins and micronutrients. The germ is included in whole wheat flour, making it more nutritious.