

Name:

Class:

Date:

## Activity 13.4A: Where's the Cereal in My Cereal?

### Instructions

Find three foods containing the major types of cereal grains. Review the ingredient lists to help you determine which grains are in each product.

Cereal	Product #1	Product #2	Product #3
Corn	Answer:	Answer:	Answer:
Wheat	Answer:	Answer:	Answer:
Rice	Answer:	Answer:	Answer:
Oats	Answer:	Answer:	Answer:
Barley	Answer:	Answer:	Answer:
Millet	Answer:	Answer:	Answer:
Rye	Answer:	Answer:	Answer:
Grain Sorghum	Answer:	Answer:	Answer:

1. Which type of grain is the most commonly used?

Answer:

2. Which product were you most surprised to learn contained grain(s)?

Answer:

3. Did you find any grain-free products that you expected to contain grains?

Answer: