



Level 3: Grains Assignments



Market Orders Due: _____
Presentation Day: _____
Buffet Day: _____

1. **Research** a major grain. Each unit will pick a region and divide the grains amongst its members.
2. Create a **Written Report** with the following information about that grain:
 - a. Plant that the grain is harvested from.
 - b. Temperature zone which grain is grown in.
 - c. Country of origin and why it's specific to this country.
 - d. Physical description of grain - simple, labelled diagram; actually sample.
 - e. Available at what time of year (i.e. related to growing season.)
 - f. Nutritional value.
 - g. How to cook the grain to eat on its own; what forms you can purchase the grain in.
 - h. How was the grain used in cooking - types of dishes the grain is used in.
 - i. Historical stories, facts, or other interesting pieces of information.
3. Include a **RECIPE** that is used the grain. (for a class buffet)
4. **BIBLIOGRAPHY** - Use minimum of 3 resources (2 books and 1 Internet source; or 2 Internet and 1 book source.) Remember to critically assess any sources.

ASIA Oats, Barley, Rice, Millet, Sesame Seeds

AFRICA Couscous, Semolina/Durum, Teff, Fonio, Flax Seeds

SOUTH AMERICA Quinoa, Amaranth, Kañiwa, Chia Seeds, Maca, Tarwi

NORTH AMERICA Corn (Maize), Wheat, Manoomin (Wild Rice), Sorghum, Sunflower Seeds

EUROPE Buckwheat, Rye, Spelt, Einkorn, Triticale

MIDDLE EAST Bulgur Wheat, Farro, Freekeh, Khorasan Wheat (Kamut), Emmer

5. Combine information and create a group **PowerPoint** presentation and present in front of class.

EVALUATION – based on: content, organization, presentation, spelling, and grammar.