



## THE WHEAT IDENTITY CARD

**This is wheat**



**The wheat is beige**



**It is a seed**

**It is oval and it is hard**

**It grows** on a plant.  
The wheat plant lives for a year.



**It is a *cereal***

It can be grounded and transformed to flour, semolina and bran.  
Wheat is essential food for the nutrition of humans and animals.

The name in my language is: **σιτάρι /sitari/**

**You can't eat it raw. You can eat it:**

**boiled**



**bread**



**pies**



**pasta**



**cookies**



**cakes**

