

KERNEL OF WHEAT

Identify the 3 main parts of a kernel of wheat. List the common nutrients found in each part.

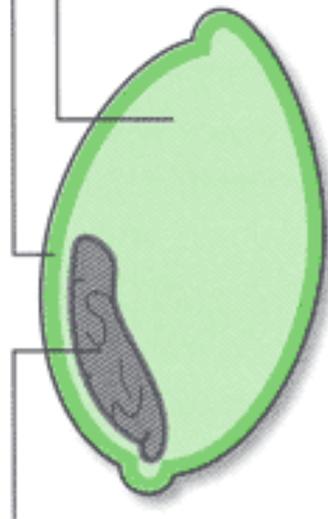
Whole grain kernel

Bran

"Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein



Germ

Nourishment for the seed
Antioxidants, vitamin E, B vitamins