

Leo and George's learning adventure



How Do Bread and Rice Get Made?

Bread comes from wheat. Rice comes from rice plants.
Let's see how they grow and turn into the food we eat!

How Bread Is Made (From Wheat)

- 1 Wheat is planted in the field.



- 2 It grows tall with long stalks and heads.



- 3 The wheat is harvested.



- 4 The grains are separated.



- 5 The flour is made by grinding the grains.



- 6 The flour is mixed, kneaded, and baked to make bread!



How Rice Is Made (From Rice Plants)

- 1 Rice seeds are planted in a wet field (paddy).



- 2 The rice plant grows green and tall.



- 3 The rice plant makes grains (panicles).



- 4 The rice is harvested.



- 5 The grains are separated and cleaned.



- 6 The rice is ready to cook and eat!



Why Do Plants Make These Foods Above the Ground?



They need **sunlight** to grow.



Their leaves make food for the plant.



The stems and plants hold the grains up high.



Keeping the grains above the ground keeps them safe and dry.

Quiz Time!

- 1 Circle the plant that makes bread.



- 2 Circle the plant that makes rice.



- 3 Match the food to where it comes from.

Bread



Rice plant



Rice



Wheat plant



- 4 Choose the correct answer.

What do wheat and rice plants need to grow?

- ☐ Toys and games
☐ Sunlight and water
☐ Candy and cookies
☐ TV and movies



- 5 Order the steps to make bread. Write 1 to 4 in the boxes.



- 6 True or False?

Circle True or False for each sentence.

1. Bread comes from wheat. True False
2. Rice grows in dry fields. True False
3. Flour is made by grinding grains. True False
4. Rice is cooked before we eat it. True False

- 7 What comes next? Write bread or rice.

