



Wheat stalks grow in a field



Ready for harvest



Big machines cut down the wheat and take out the seeds



Wheat seeds are very small



Wheat seeds are ground up to make wheat flour



Wheat seeds are ground up to make flour.



Flour is mixed with other ingredients to make dough.



Dough is put in a pan and baked in the oven



That is how bread is made!



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Wheat seeds are ground up to make wheat flour



Whole wheat flour—contains the bran, germ, and endosperm



Sift the whole wheat flour to make white flour—removes the bran and the germ



White Flour—contains only the endosperm