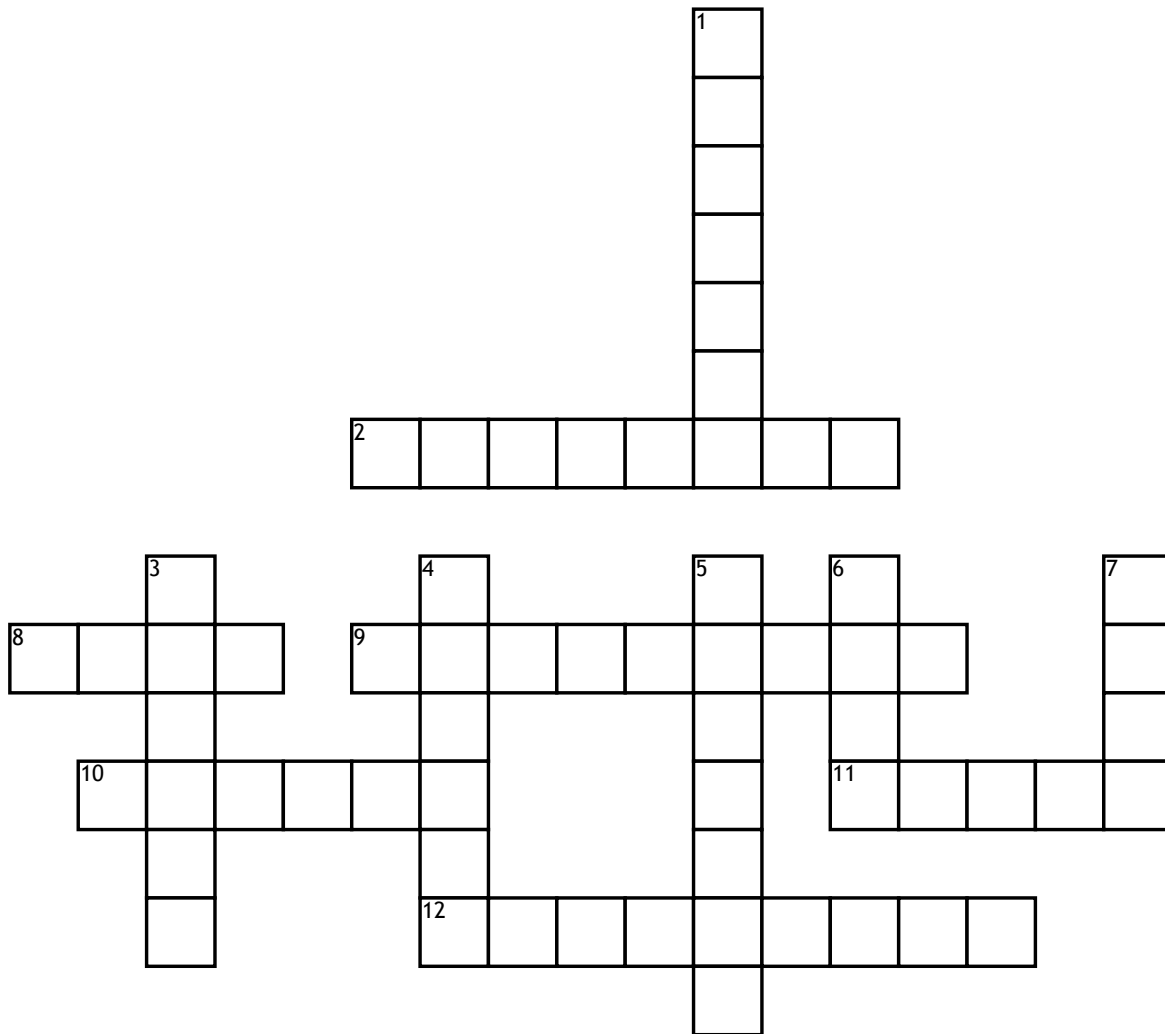


Name: _____

Date: _____

Grains



Across

2. Classified as a pseudocereal; it is grown for its edible starchy seeds like cereals.

8. A blue flowering crop grown in Canada for its oil rich seeds

9. Harvested for its grain-like seed

10. general name for the proteins found in wheat

11. Known as dinkel wheat, or hulled wheat, is a species of wheat.

12. Available as another possibility

Down

1. Amaranth is really high in...

3. A member of the grass family, is a major cereal grain grown in temperate climates globally.

4. Grain crop primarily grown for its edible seeds. Gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids.

5. Related to buckwheat

6. Typically used to feed livestock. Consumed by humans as oatmeal

7. Eating Quinoa or amaranth can help people that live on a Gluten free...