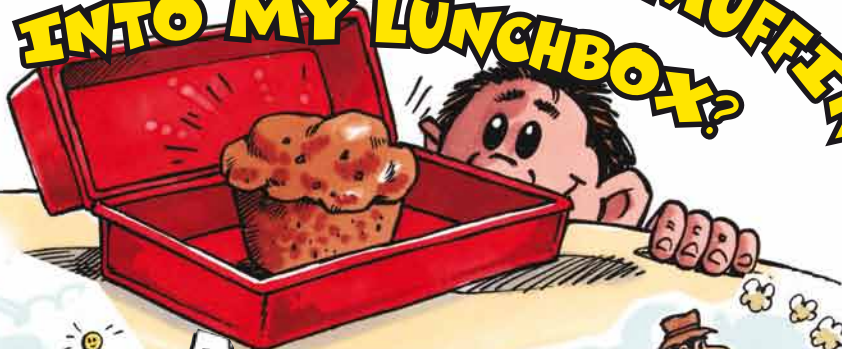


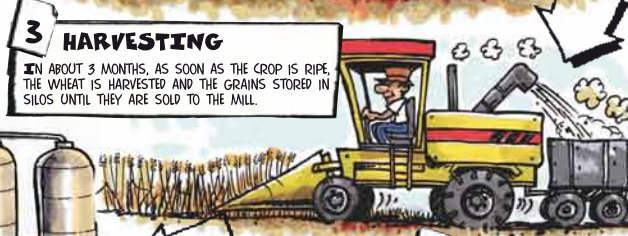
# HOW DID THIS WHOLEWHEAT MUFFIN GET INTO MY LUNCHBOX?



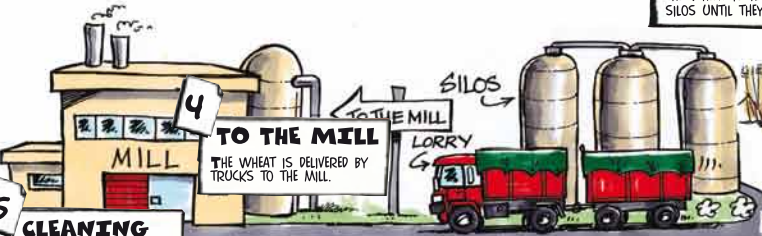
**1 THE WHEAT FARMER**  
 MORE THAN 17,000 YEARS AGO, PEOPLE DISCOVERED A TYPE OF GRASS WITH EDIBLE SEEDS CALLED WHEAT. SO THEY STOPPED FOLLOWING ANIMALS TO FIND FOOD AND BUILT HOUSES ON LAND WHERE THEY COULD GROW WHEAT CROPS. WHEAT WOULD BE PLANTED IN SPRING, GROWN IN SUMMER AND STORED IN WINTER. THE LEFTOVER KERNELS WERE USED FOR REPLANTING THE NEXT SPRING.



**2 PLANTING**  
 USING A MECHANICAL PLANTER PULLED BY A TRACTOR, THE FARMER PLANTS WHEAT KERNELS IN THE SPRING.



**3 HARVESTING**  
 IN ABOUT 3 MONTHS, AS SOON AS THE CROP IS RIPE, THE WHEAT IS HARVESTED AND THE GRAINS STORED IN SILOS UNTIL THEY ARE SOLD TO THE MILL.



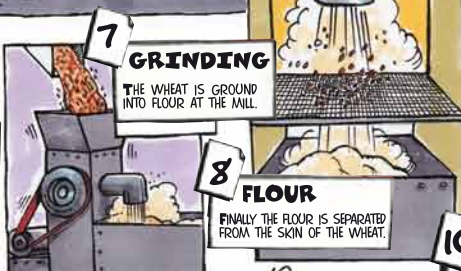
**4 TO THE MILL**  
 THE WHEAT IS DELIVERED BY TRUCKS TO THE MILL.



**5 CLEANING**  
 AT THE MILL STRAW, STRAW, MAIZE AND STONES ARE REMOVED FROM THE WHEAT.



**6 WASHING**  
 WATER IS ADDED TO CLEAN THE WHEAT, SOFTEN THE SKIN AND PREPARE IT FOR MILLING.



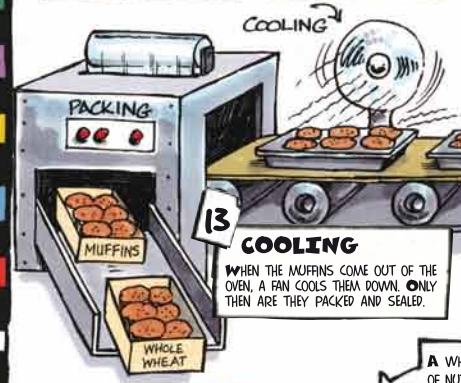
**7 GRINDING**  
 THE WHEAT IS GROUND INTO FLOUR AT THE MILL.



**8 FLOUR**  
 FINALLY THE FLOUR IS SEPARATED FROM THE SKIN OF THE WHEAT.



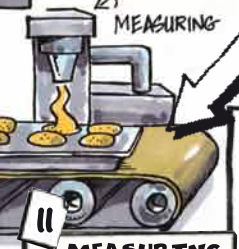
**9 PACKING**  
 THE MILL PACKS THE FLOUR INTO BAGS AND SELLS IT TO THE BAKERY.



**13 COOLING**  
 WHEN THE MUFFINS COME OUT OF THE OVEN, A FAN COOLS THEM DOWN. ONLY THEN ARE THEY PACKED AND SEALED.



**12 BAKING**  
 THE CORRECTLY SIZED PORTION IS DROPPED INTO MATCHING SIZED MUFFIN TINS AND BAKED.



**11 MEASURING**  
 THE DOUGH MEASUREMENTS ARE PROGRAMMED INTO THE MACHINE SO THE DOUGH IS SPOONED ONTO A CONVEYOR BELT IN THE RIGHT SIZE PORTIONS.

**10 MIXING**  
 AT THE BAKERY AN AUTOMATIC MACHINE MIXES THE WHOLEWHEAT FLOUR WITH WATER AND EGGS TO MAKE DOUGH. YEAST IS ADDED TO MAKE THE MUFFINS RISE AND SUGAR TO SWEETEN THEM.

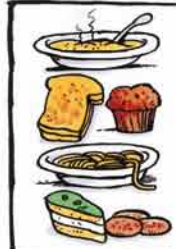


## IS THERE A WHEAT FARM NEAR YOU?

EVERY YEAR SOUTH AFRICA GROWS 2 MILLION TONS OF WHEAT. AMAZING BECAUSE ONLY 8% OF THE LAND IS SUITABLE FOR GROWING WHEAT. YOU WILL FIND WHEAT FARMERS IN THE WESTERN CAPE, BECAUSE THERE IS RAIN EVERY WINTER, AND IN THE ORANGE FREE STATE WHERE THE SOIL CAN HOLD MOISTURE. OTHER WHEAT FARMS USE IRRIGATION TO WATER THE WHEAT PLANTS.



A WHOLEWHEAT MUFFIN IS FULL OF NUTRIENTS, LIKE CARBOHYDRATES, TO GIVE YOU LOTS OF ENERGY.  
 WHOLEWHEAT MUFFINS ARE HIGH IN FIBER TO HELP YOU GROW STRONG AND PUT YOU IN A GOOD MOOD WHEN YOU'RE HAVING A BAD DAY!  
 WHEAT HAS LOTS OF VITAMIN B TO HELP YOU REMEMBER WHAT YOU LEARN AT SCHOOL TODAY.  
 EVERYONE LOVES MUFFINS BECAUSE THEY'RE EASY TO EAT ON THE GO!



## THE WHEAT I LOVE TO EAT!

- \* **BREAKFAST:** TO GET YOU GOING IN THE MORNING, THERE'S WHOLEWHEAT MEAL BRAN IN MOST BREAKFAST CEREALS.
- \* **LUNCH:** WHOLEWHEAT, BROWN AND WHITE FLOUR IS GROUND WHEAT THAT'S USED TO MAKE BREAD, MUFFINS AND ROLLS. YOU'LL ALSO FIND FLOUR IN SOUPS AND SOME SAUCES TOO.
- \* **SUPPER:** ANYONE FOR SPAGHETTI? PASTA IS MADE FROM DURUM WHEAT.
- \* **TREATS:** FLOUR IS THE MAIN INGREDIENT IN CAKES, BISCUITS AND CRACKERS.