



February 2019

**English and Social Studies Worksheet**

**1. Cool Cardamom**

You may be familiar with ginger and nutmeg, but do you know what cardamom is? Cardamom is a spice from the seeds of plants in the ginger family and originated from India. It can be used in sweet dishes, like apple pie, or in salty foods, like hamburgers and meat loaf. It's even put into drinks like hot cider and eggnog! What else can it be used for?

T / F Ancient Egyptians used cardamom to freshen their breath and clean their teeth.

T / F Indians used it in medicine for the digestive system.

T / F Greeks and Romans used it to smell good (like a perfume).

**2. From Farm to Fork**

How does wheat make its journey to you? Put the following steps in the correct order:

\_\_\_ The grain elevator sells the flour to flour millers or markets outside of the country.

\_\_\_ The farmer plants grain seeds.

\_\_\_ The flour is shipped to grocery stores.

\_\_\_ The farmer harvests the grain.

\_\_\_ Consumers buy foods made with flour.

\_\_\_ The farmer sells the grain to a grain elevator (large building where grain is stored)

\_\_\_ Flour mills buy the grain and grind it into flour.

\_\_\_ Bakers buy flour and make bread, pastries, and more.

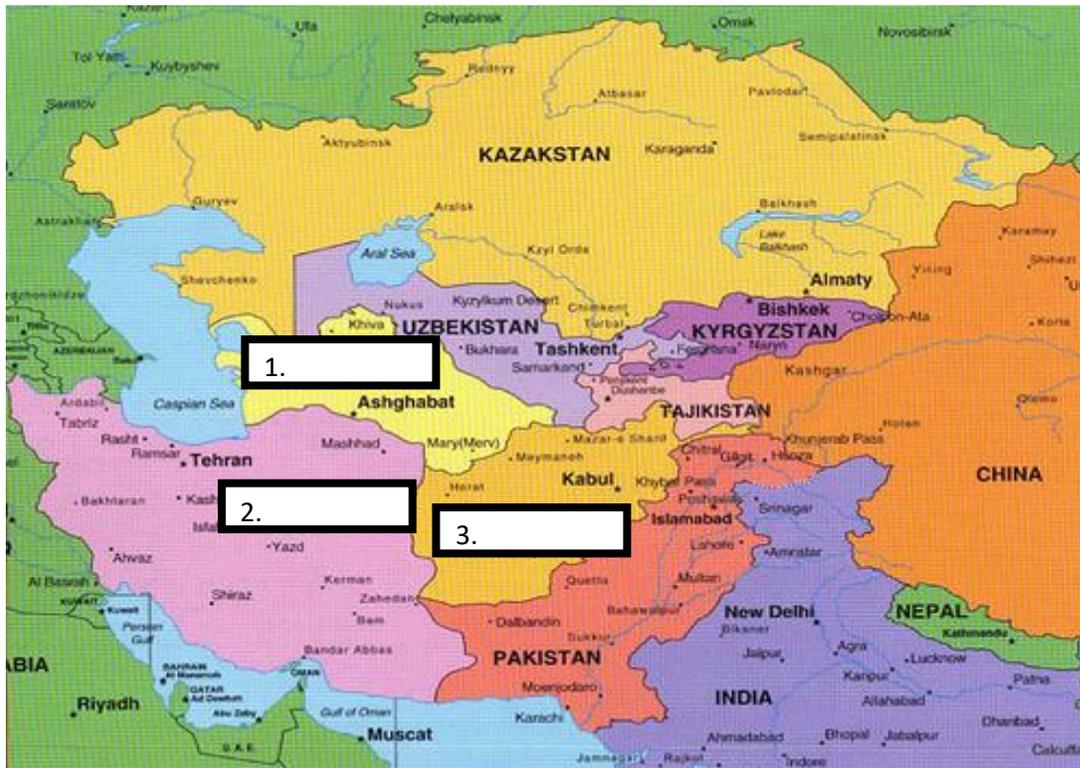
**3. Buckwheat as a Bedtime Story**

Buckwheat is in your Sunrise Breakfast Grain, but it's also featured in a fable titled *The Buckwheat* written by Hans Christian Anderson, who wrote fairy tales like *The Little Mermaid*, *The Ugly Duckling*, and *Thumbelina*. *The Buckwheat* tells about a field of buckwheat that was so proud that it would not bend down, not even when the other nearby crops and trees did so and begged it to do the same during a thunderstorm. After the storm, the buckwheat was blackened and burnt from lightning while the other fields were invigorated by the rain.

- What do you think is the moral, or meaning, or the story?
- What is one of your favorite bedtime stories, and why do you enjoy it?

#### 4. Khorasan Bulgur Wheat

Khoran Bulgur Wheat is an *ancient grain*, meaning it has been grown for thousands of years without being modified or changed. No one knows the exact origins of Khorasan bulgur wheat, but the word *Khorasan* refers to an ancient region that is now parts of Iran, Turkmenistan, and Afghanistan. Can you label these countries on a map?



**Answers:**

1. T, T, T
  
2. 4) The grain elevator sells the flour to flour millers or markets outside of the country.
  - 1) The farmer plants grain seeds.
  - 6) The flour is shipped to grocery stores.
  - 2) The farmer harvests the grain.
  - 8) Consumers buy foods made with flour.
  - 3) The farmer sells the grain to a grain elevator.
  - 5) Flour mills buy the grain and grind it into flour.
  - 7) Bakers buy flour and make bread, pastries, and more.
  
4.
  - 1) Turkmenistan
  - 2) Iran
  - 3) Afghanistan

**References:**

<https://www.thespruceeats.com/all-about-cardamom-995599>  
<https://eatwheat.org/learn/from-field-to-table/>  
<http://plainshumanities.unl.edu/encyclopedia/doc/egp.arc.026>  
<http://theepicentre.com/spice/cardamom/>  
<https://www.cookingchanneltv.com/devour/2013/09/25-ways-to-use-cardamom>  
<https://www.bartleby.com/17/3/19.html>  
<https://www.thebookpeople.co.uk/webapp/wcs/stores/servlet/article?articleId=top-10-best-hans-christian-andersen-fairy-tales>  
<https://www.hort.purdue.edu/newcrop/proceedings1999/v4-182.html>  
<https://www.britannica.com/place/Khorasan-historical-region-Asia>  
<https://www.flickr.com/photos/luqmans/2224921349> (image)