Wheat Berry Sprouts

1. Place wheat berries in a colander and rinse thoroughly.
2. Place rinsed wheat berries in the jar or other container and cover with water.
4. Rinse the wheat berries again, and cover the opening of the container with a piece of cheesecloth.
5. Secure with a rubber band.
6. Lay the jar on its side in a dark place.
7. Rinse and drain the berries each morning until they sprout and grow to about 1 inch in length.
8. When the sprouts have grown to about one inch in length, place the jar in a sunny window for one day.
9. Enjoy your sprouts on a sandwich, in a salad or on their own.

PHONICS/DECODING ACTIVITY
1. Print off the recipe for students, make it into a transparency to show on the screen for whole-group instruction, or use interactive white board.
2. Students will circle each digraph in the recipe with a red crayon or pen (ex: ch, th, sh, ph, wh).
3. Students will put a box around each of the blends, using a blue crayon or pen (ex: cr, cl, sk, st, sw, squ, pl, thr).

P.A.S.S. Reading—Grade 1: 3.1c; Grade 2: 2.1c; Grade 3: 1.1

Oklahoma Ag in the Classroom is a program of the Oklahoma Cooperative Extension Service, the Oklahoma Department of Agriculture, Food and Forestry and the Oklahoma State Department of Education.

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