Test Your Wheat Knowledge

FACT or FICTION Quiz
10 questions

Multiple Choice Quiz

Nebraska Wheat: Consistent, Versatile, Reliable
White bread doesn’t contain any wheat.
White bread is made with flour and flour is made from wheat. The bread is made with white flour which contains only the inside (endosperm) of a wheat kernel.
White bread is made with flour and flour is made from wheat. The bread is made with white flour which contains only the inside (endosperm) of a wheat kernel.
All flour is bleached.

FACT

FICTION
Wheat is actually self-bleaching. If left for enough time it will turn white naturally. However, because consumers wanted an all white product, companies began artificially bleaching flour. Today both bleached and unbleached flours are available in the stores. There’s no nutritional difference.

Source: “Grains of Truth About Wheat Flour.” Wheat Foods Council
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Source: “Grains of Truth About Wheat Flour.” Wheat Foods Council
Enriched wheat flour is good for pregnant women.
Enriched flour is a good source of folic acid and iron. Folic acid decreases women’s risk of having a pregnancy affected by neural tube defects (NTDs), the most common preventable type of birth defect worldwide. Iron prevents anemia or iron deficiencies.

Source: “Trends in Wheat-Flour Fortification with Folic Acid and Iron.” Center for Disease Control and Prevention
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Source: “Trends in Wheat-Flour Fortification with Folic Acid and Iron.” Center for Disease Control and Prevention
Bread products should NOT be refrigerated.
Bread products actually go stale 6 times faster in the fridge. They should be stored at room temperature or frozen.

Source: “Grains of Truth About Wheat.”
Wheat Foods Council
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Source: “Grains of Truth About Wheat.”
Wheat Foods Council
The average person in the US consumes 23 lbs. of pizza a year.
The average American consumes 46 slices of pizza a year which equates to 23 lbs.

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Approximately half of all grain products are made from wheat flour.
Approximately 75% or three quarters of all grain products in the US contain wheat flour.

Source: “Grains of Truth About Wheat.” Wheat Foods Council
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Source: “Grains of Truth About Wheat.”
Wheat Foods Council
Approximately 25% of the US population is gluten intolerant or sensitive.

FACT

FICTION
Only 1% of the population is gluten intolerant and only 6% are gluten sensitive. The other 93% can safely consume gluten or wheat foods.

Source: “Gluten Factoid.”
National Association of Wheat Growers
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National Association of Wheat Growers
It takes more than 10 years for a new variety of wheat seed to be released for production.

FACT

FICTION
It takes a minimum of 12 years for a new variety to be released. During this time the wheat is evaluated in multiple locations under a variety of conditions to test for agronomic performance. Varieties are also milled and baked to test for end-use qualities in food.

Nebraska Wheat
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Nebraska Wheat
Whole grain foods are a better source of fiber than foods made from refined or enriched grains.

FACT

FICTION
Milling removes a lot of the fiber and iron from flour. Enriching flour with nutrients doesn’t add fiber. That’s why it’s recommended that half of a person’s daily intake should be whole grains.

Source: “My Food Plate.”
USDA
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Source: “My Food Plate.”
USDA
On average, you could fill more than 1,000 Olympic swimming pools with the wheat raised in 1 year in Nebraska.
Nebraska raises an average 75 million bushels of wheat annually. An Olympic pool will hold approximately 2.5 million liters. One bushel equals approximately 35 liters. At that rate, the wheat production in Nebraska would fill 1050 Olympic swimming pools.

Source: “Fun Facts.”
Nebraska Wheat
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Source: “Fun Facts.”
Nebraska Wheat
CONGRATULATIONS!

You completed the *Wheat: Fact or Fiction* quiz.

Return to Home  Take Multiple Choice Quiz
How many farms in Nebraska grow wheat?

A. 5,000
B. 8,000
C. 10,000
D. 13,000
INCORRECT

Please try again.
Approximately 8,037 farms have planted wheat acres in Nebraska.
In which season do farmers plant winter wheat in Nebraska?

A. Spring
B. Summer
C. Fall
D. Winter

Question 2 of 20
INCORRECT

Please try again.
Winter wheat is planted in the fall so the wheat can go dormant over winter and vernalize. It grows again in the spring.
Which part of the wheat kernel is used to make all-purpose flour?

HINT: It makes up 83 percent of the kernel’s weight.

A. Bran
B. Endosperm
C. Germ
D. Head
INCORRECT

Please try again.
The endosperm is the inner part of a wheat kernel. In whole wheat flour, the outside of the kernel (bran) is ground with the endosperm.
If all of the wheat raised in Nebraska in one year was turned into bread, how many sandwiches could you feed each person in the world?

A. 2.5
B. 3.5
C. 4.5
D. 5.5
INCORRECT

Please try again.
CORRECT
Which item does NOT contain wheat?

A. Revlon mascara
B. Degree deodorant
C. National Gypsum Plaster
D. VO5 Shampoo

Question 5 of 20
INCORRECT

Please try again
Portions of the wheat kernel or wheat straw are used in non-food items like insulation, soaps, makeup, pet foods and more.
How much of Nebraska’s wheat is exported annually?

A. 10%
B. 35%
C. 50%
D. 75%
INCORRECT

Please try again

NEXT
Approximately half of the wheat raised in Nebraska is exported through ports in the Gulf of Mexico or the Pacific Northwest.
What percent of your grains consumed daily should be whole grains?

A. 25%
B. 50%
C. 75%
D. 100%
INCORRECT

Please try again
According to the USDA’s My Plate, everyone should make half of the grains they consume whole grains.
Which two types of wheat do farmers raise in Nebraska?

A. Hard Red Spring and Durum

B. Hard Red Winter and Hard White

C. Soft Red Winter and Soft White

B. Hard Red Winter and Durum
INcorrect

Please try again
Although a small amount of Hard Red Spring is grown in the northern part of the state, most of Nebraska’s wheat is Hard Red Winter and Hard White.
Which machine do farmers use to harvest wheat?

A. Tractor
B. Disk Drill
C. Combine
D. Air Seeder
INCOMPLETE

Please try again
The first combine developed in 1884, combined the jobs of reaper and thresher and streamlined the harvest process for farmers.
What is the outside of a wheat kernel called?

A. Bran  
B. Germ  
C. Head  
D. Endosperm
INCORRECT

Please try again

NEXT
The bran is the portion of the wheat kernel containing fiber. It’s left in whole wheat flour and is part of what makes whole wheat foods more nutritious.
In which season do farmers in Nebraska harvest wheat?

Hint: Nebraska farmers raise winter wheat.

A. Spring
B. Summer
C. Fall
D. Winter
INCORRECT

Please try again
Winter wheat is planted in the fall so it can vernalize over the winter. It grows and ripens in spring and early summer, with harvest occurring in July and August.
Which part of the wheat plant contains the kernels?

A. Node  
B. Head  
C. Stem  
D. Tiller
INCORRECT

Please try again

NEXT
The nodes, stem and tillers are part of the body of the wheat plant which develop during vegetative growth. The head is the top part which develops at the end of vegetative growth and develops wheat kernels during reproductive growth.
What is the minimum number of years it takes for a new variety of wheat seed to be released?

A. 6 years  
B. 10 years  
C. 12 years  
D. 16 years
INCORRECT

Please try again
It takes a minimum of 12 years for a new variety to be released. During this time the wheat is evaluated in multiple locations under a variety of conditions to test for agronomic performance. Varieties are also milled and baked to test for end-use qualities in food.
_____ is the practice of not planting for a season to retain soil moisture.

A. Minimum till  
B. Crop Rotation  
C. Conventional  
D. Fallow
INCORRECT

Please try again
Leaving fields fallow is a common practice used to collect moisture for a future crop, especially in western Nebraska where lower amounts of precipitation are received.
Where is the majority of the wheat in Nebraska grown?

A. North
B. Central
C. East
D. West
INCORRECT

Please try again
While every county in the state has at least some wheat, most of the production occurs in the Panhandle and southwestern Nebraska, with a large amount also in the south central part of the state.
On average, where does Nebraska rank in winter wheat production?

A. 1 - 4
B. 5 - 9
C. 10 - 12
D. 13 - 15
INCORRECT

Please try again
Nebraska is consistently a top-ten winter wheat producing state. Other major winter wheat producing states include Colorado, Kansas, Montana, Oklahoma, South Dakota, Texas and Washington.
When was the first automated mill developed to grind wheat?

A. 1776  
B. 1785  
C. 1808  
D. 1825
INCORRECT

Please try again
Oliver Evans developed the first automated mill in 1785. He gave a license for use of his mill improvements to Thomas Jefferson in 1808.
Wheat is the ___ most popular crop in Nebraska.

A. Second
B. Third
C. Fourth
D. Fifth
INCORRECT

Please try again
Wheat production ranks third behind corn and soybeans, but ahead of sorghum, sugar beets and edible beans which are also important crops in Nebraska agriculture.
Which country is the largest customer for US Hard Red Winter wheat?

A. Canada  
B. Nigeria  
C. Japan  
D. Russia
INCORRECT

Please try again
Nigeria has been the largest importer of US HRW wheat for the last 6 years in a row.
How many classes of wheat are there?

A. 2
B. 4
C. 6
D. 8
INCORRECT

Please try again

NEXT
You completed the *Multiple Choice Wheat* quiz.

Return to Home  Take *Wheat: Fact or Fiction* Quiz