



From Grain to Plate: How Are Cereals Transformed?

OBJECTIVE

Understand how **cereals** are transformed from the grain to the food you eat, distinguishing **simple processes** from **more intensive processes** and reflecting on the impact of these transformations on health.

YOUR MISSION

Choose a **cereal** (wheat, rice, corn, oats, barley) and follow its transformation until the final product you consume.

Step 1 – Choose the cereal

- **Cereal chosen:** _____
- **Product you usually eat:** _____
(e.g. bread, pasta, rice, oat flakes, breakfast cereals)

Step 2 – From Grain to Food

Mark the steps you think are part of the transformation:

- Harvest
- Cleaning
- Grinding
- Refining
- Baking/pressing/extruding
- Packaging

WHICH OF THESE STEPS DO YOU THINK CHANGE THE ORIGINAL CEREAL THE MOST? WHY?



Step 3 - Degree of transformation

Rate the product you have chosen:

- Little transformed
- Moderately processed
- Very transformed

WHAT LED YOU TO THIS CHOICE?

Step 4 – Health impact

Reflect and answer:

- Does the product keep the **whole grain** or has it been refined?
- What nutrients can be lost with the transformation?

REFLECTION:

FINAL REFLECTION

If you had to choose between two versions of the same cereal (more or less processed), **which one would you choose and why?**

FOODWISELAB TIP

Less processed and whole grains tend to retain more fibre, vitamins and minerals, contributing to greater satiety and energy throughout the day.