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| **Why Is Whole-Grain Bread Healthier Than White Bread?***Why is whole-grain bread healthier than white bread?*– *David*\*Bread is made out of flour that comes from grain kernels — usually wheat. A grain kernel has three parts: the bran, the endosperm, and the germ (so called because it's the part of the kernel that germinates into a new plant).Whole grains contain all parts of the grain kernel. But refined grains, like the flour used to make white bread, have had the fiber-dense bran and the nutrient-rich germ processed out, leaving only the starchy endosperm. This means that refined grain is not as rich in essential fatty acids, vitamin E, magnesium, and zinc.Some flour and bread manufacturers "enrich" their bread by adding extra vitamins back in. But it's still better to eat whole grains. The fiber and protein from the bran and germ provide a more constant source of energy, which will keep you going long after the energy from refined grains is gone. The fiber in the bran can also mean whole-grain breads help people feel full longer, preventing overeating.If you're buying packaged bread in the supermarket, be sure the label says "whole grain" or "whole wheat."Reviewed by: Mary L. Gavin, MDDate reviewed: May 2008 |
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**Article Attack: “*Why is Whole-Grain Bread Healthier Than White Bread?*”**

*Hand out the article and ask the students to read the assigned article. After all of the students have read the article, hand out the following instructions:*

 Step 1: Reread the assigned article. As you read:

1. **KEY POINTS**: Underline 3 key points of the article.
2. **EXPLORING WORDS**: Highlight 3 words that you don’t understand, or that you have a general knowledge but could not explain to someone else.

Step 2: Complete the following table using the information highlight and underlined in your article.

**KEY POINTS**

|  |  |  |
| --- | --- | --- |
| What does it say? (excerpt from text) | What does it mean? (your translation) | Why does it matter?(your opinion) |
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|  |  |  |
|  |  |  |

**EXPLORING WORDS**

|  |  |
| --- | --- |
| Term | Definition |
| Endosperm |  |
| Germ |  |
| enrich |  |
| Whole grain |  |

Step 3: Respond to the article individually by drafting a letter to someone outside of school (i.e. newspaper editor, school board, local or national government agency, etc.). Use the information from step 2 (key point table) to create your letter which will express your response to the article.

Step 4: Share and discuss your letters in either small groups or class as a whole.