***Lesson: Introduction to Grains and Oilseeds***

**Purpose:** From the corn fields in Iowa to the wheat fields in Kansas to the oat fields in Maine, grains and oilseeds are a staple of American agriculture. The agricultural marketing resource center website tells us that grains are identified as cereals suitable as food for human beings and oilseeds are those grains that are also valuable for the oil content they produce. We use grains and oilseeds every day in our lives, maybe even more than we realize.

**Directions:** Access the commodities and products tab on the AgMRC website (<http://www.agmrc.org>) and find the link to grains and oilseeds. Utilize information located here to answer the questions below:

1. What are two value-added products made from flax that are not meant for human consumption?
2. What are the market trends for both oil and non-oil type sunflowers?
3. Name three of the crops that can be used for the production of sweeteners.
4. What is the difference between rapeseed and canola?
5. What variety of rice represents the majority of the production in the US? What value-added products are this type of rice commonly used in?
6. Using the Market Maker site find two producers of a grain or oilseed crop in your state. What crops do they grow? How do they sell them?

**Reinforcement activity: One grain = endless uses**

For this activity you will choose a grain or oilseed to research and report all of the ways that grain can be used. For an easy example if you choose field corn, you could start your list by writing livestock feed, corn oil, Ethanol etc… When you have thoroughly researched your grain or oilseed, you will create a one page pamphlet or educational poster with the grain’s uses listed for viewers to learn from.