



Wheat – Amazing Grain CPE Questions

1. Wheat has been cultivated as a crop by humans for the last
 - a. 15,000 years
 - b. 10,000 years
 - c. 9,000 years
 - d. 6,000 years
 - e. None of the above

2. Gluten is present in which of the following grains?
 - a. Rye
 - b. Triticale
 - c. Barley
 - d. Wheat
 - e. All of the Above

3. Which component of wheat allows for the formation of air pockets that create the unique texture of wheat bread?
 - a. Bran
 - b. Magnesium
 - c. Gluten
 - d. B vitamins

4. During which season is winter wheat harvested?
 - a. Spring
 - b. Summer
 - c. Fall
 - d. Winter





5. The United States is the top wheat growing country in North America.
 - a. True
 - b. False

6. Approximately, how much of the wheat grown in the US is either hard red winter or hard red spring wheat?
 - a. 20%
 - b. 40%
 - c. 60%
 - d. 80%
 - e. None of the above

7. The majority of whole wheat flour in the U.S. is produced by recombining the endosperm, germ and bran separated during the milling process.
 - a. True
 - b. False

8. Wheat supplies _____ percent of the protein intake in developing countries.
 - a. 20%
 - b. 40%
 - c. 60%
 - d. 80%
 - e. None of the above

9. Which of the following statements is true about GE/GMO wheat?
 - a. It is not grown, sold or consumed at this time
 - b. Consumers have resisted GMO wheat





- c. GMO wheat seeds have been developed, tested and found to be safe
- d. All of the above

10. Which of the following is unlikely to contain gluten?

- a. Uncertified oats
- b. Malted products
- c. Seasonings, soy sauce, some types of deli meats
- d. Kosher foods
- e. Rice milk

11. Which statement below is true about gluten-free diets?

- a. They should be followed by most people
- b. They are easy to follow and tolerate
- c. They are expensive
- d. It is very easy to avoid gluten
- e. None of the above are true
- f. All of the above are true

12. One nutrient supplied by enriched grains due to fortification has been responsible for a dramatic decrease in which of the following conditions?

- a. Ricketts
- b. Neural tube defects
- c. Iron deficiency anemia
- d. ADHD
- e. None of the above

13. Which of the following statements is false?

- a. Wheat supplies nutrients such as protein, iron, B vitamins, and zinc
- b. Celiac disease affects fewer than 1% of people in the U.S.





- c. Most people, even those with celiac, can tolerate minute amounts of gluten
- d. Many foods, even those not made with wheat, may contain gluten.
- e. All of the above are false.
- f. All of the above are true.

Answers: 1b, 2e, 3c, 4b, 5a, 6c, 7a, 8a, 9d, 10e, 11c, 12b, 13c



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