




Foods made from wheat, barley or oats

Have a look at the ingredients list of foods (and drinks) that you eat and find those that contain any of these 3 cereal crops.

There may be some surprises – look at vinegar, Mars Bars etc!

 <p>wheat</p>	 <p>barley</p>	 <p>oats</p>

These crops will be stored on the farm once they are harvested in July, August and September before they go to a mill or maltings, and then a manufacturer to become the food we eat.