

Cereal crops around the world

Ergänzung zum Kapitel „Getreide und Hülsenfrüchte“, Schulbuch Seite 22–23

Cereals

SHORT EXPLANATION

Ceres was the Roman goddess of the earth, fruits and cereals.

Cerealien is also a word used in the German language for all types of cereal products.



In the stone age people had to grind the seeds by hand. Today we have a mill to grind.



Milled grains keep longer than whole grains because the outer layers (bran and germ) are removed, but they are not as healthy as whole grains.

The waste from milling is a component of animal feed.

In the past cereals were the basic element of food in daily life. People had to pay their taxes in cereals. Cereals had the status of money.

Worldwide only 37 % of the produced cereals are used as food, less than 50 % are used for animal feed.¹

In Austria people consume about 91 kg of cereals per year/per person, there of 64 kg wheat, 10 kg rye or 1,1 kg oats.²

What does the word *cereals* mean?

The English word *cereals* has two different meanings:

- Cereals (cereal crops) are plants cultivated for their seeds.
- Cereal is a food product made from cereal grains which is eaten for breakfast.

Cereals may be eaten hot or cold and mixed with milk or yoghurt and fresh or dried fruits. Some varieties include cornflakes, rice crispies, popped wheat ...

Cereals around the world

Cereal crops are grown in greater quantities worldwide than any other type of crops. Cereals are an excellent **source of carbohydrates** which provide **energy** for human beings and animals.

Thousands of years ago in **Ancient Egypt** people learned how to cultivate wild plants and how to collect the seeds.

Another example are **indigenous people of North and South America** who also knew how to harvest seeds.

The seeds were ground in mills to produce a kind of “flour”.

People **added water** to this sort of flour and produced a **dough**. This dough was the basis for bread and flat cakes (Fladen).

There are different kinds of cereals (grains) in many of the dishes we eat nowadays (e. g. Palatschinken, Pizza, Tacos, Strudel, Blätterteigspeisen ...).

¹ AgrarMarkt Austria (2012): Teller, Trog, Tank. Eine Mengenbetrachtung. Folie 15

² statistik Austria. Versorgungsbilanz von Getreide 2011/2012.

http://www.statistik.at/web_de/statistiken/land_und_forstwirtschaft/preise_bilanzen/versorgungsbilanzen/
[recherchiert am 13. Mai 2013]

Various cereals

“Genuine” Cereals

Weizen – wheat

Gerste – barley

Hafer – oats

Reis, Langkorn – rice, longcorn

Mais – maize (corn in USA)

Roggen – rye

Hirse – pearl-millet

Reis, Rundkorn – round corn



barley



oats



maize (corn)



rice

Other cereals – so called “pseudo-cereals”

In addition, the following plants are also grown for their seeds:

- buckwheat (Buchweizen)
- amaranth (Amaranth)
- quinoa (Quinoa)



buckwheat



amaranth



quinoa

Abbildungen: PixelQuelle.de; Gabriela Swoboda-Asmera; Anke van Wyk – Fotolia.com; PixelQuelle.de; Monika Legenstein (3)

Over to you

Porridge – only for you!

Porridge is a popular English breakfast dish

Before you start

- Prepare all the cooking utensils and ingredients you need.
- Make sure that your working space is clean.

Preparation

- Cut prunes into small pieces.
- Put pieces of prunes into water and soak the pieces in water for 10 minutes.
- Bring milk, sugar and salt to a boil.
- Add water and prunes and bring to a boil.
- Add rolled oats and simmer for 5 to 8 minutes.
- Serve hot or cold.

You need

Cooking utensils

- 1 whisk
- 1 pot
- 1 chopping board
- 1 teaspoon
- 1 knife

Ingredients for 1 serving

- 50 g rolled oats (Haferflocken)
- 4 tbsp. brown sugar
- 1 pinch of salt
- 150 g water
- 100 g milk
- 5 prunes



Muesli with fresh fruits

Before you start

- Prepare all the cooking utensils and ingredients you need.
- Make sure that your working space is clean.

Preparation

- Rinse fresh fruits in cold water.
- Chop the fresh fruits into small pieces and mix with yoghurt and honey.
- Mix in the cereal flakes.
- Decorate with fresh berries and serve.

You need

Cooking utensils

- 1 tablespoon
- 1 bowl
- 1 chopping board
- 1 teaspoon
- 1 knife

Ingredients for 1 serving

- 50 g cereal flakes mixed
- 1 tbsp. honey
- 125 g yoghurt
- 50 g berries (e. g. strawberries, blueberries), some grapes or a banana
- 1/4 apple

Over to you

Avena

This drink originally comes from Brazil

Before you start

- Prepare all the cooking utensils and ingredients you need.
- Make sure that your working space is clean.

Preparation

- Boil flakes and cinnamon in water for 20 min.
- Separate the liquid from the rolled oats and pour the liquid into a jug.
- Use a spoon to mash rolled oats into the fluid.
- Add milk and brown sugar.
- Cover and chill before serving.



The remaining flakes can be used as a face mask.

You need

Cooking utensils

- 1 tablespoon
- 1 jug
- 1 pot
- 1 sieve

Ingredients for 5 servings

- 50 g oat flakes
- 1 litre water
- 1 tbsp. honey
- 1/4 litre milk
- 1 cinnamon stick
- 5 tbsp. brown sugar



Your turn to comment

 **1** Do you know any breakfast cereals? yes ☐ no ☐

If yes, which ones?

 **2** You can also use your recipe book to find recipes with cereal crops.

 **3** Can you do this crossword puzzle?

- a) The name cereals comes from ...
- b) Which part of the plant is used in a cereal?
- c) What can you produce from wheat and rye?
- d) Find the cereal that consists of 3 letters.
- e) You add ... to the cereal in order to get a dough.
- f) Ancient people and people from today have used a ... to grind cereals.
- g) What can be produced from many kinds of the cereals?
- h) The outcome of grinding cereals is ...
- i) Which cereal is used in the dish "Porridge"?
- j) Most children like ..., it is mainly made of wheat.
- k) What is the German word for "pearl millets"?

a			C				
b							
c		B					
d		Y					
e							
f			L				
g			C				
h	F						
i						S	
j							A
k			R	S	E		

Solutions

 **1** Do you know any breakfast cereals? yes ☐ no ☐

If yes, which ones?

cereal flakes, rolled pearl millet, rolled maize, rolled rice, rolled oats

 **2** You can also use your recipe book to find recipes with cereal crops.

porridge, muesli with fresh fruits, tacos, bread, pancakes, cakesm cookies, soups

 **3** Can you do this crossword puzzle?

- a) The name cereals comes from ...
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a			C	E	R	E	S
b		S	E	E	D		
c			B	R	E	A	D
d		R	Y	E			
e			W	A	T	E	R
f	M	I	L	L			
g			C	A	K	E	S
h	F	L	O	U	R		
i			O	A	T	S	
j			P	A	S	T	A
k	H	I	R	S	E		

Glossary: Cereals

taste	Geschmack
crops	Feldfrüchte
basic element of food	Grundnahrungsmittel
taxes	Steuern
the status of money	der Wert von Geld
cultivate	anbauen
provide	verfügen, ergeben
harvest the seeds	die Samen ernten
add	dazugeben
flat cakes	Fladen
milled grains	vermahlenes Getreide
outer layers	Randschichten
germ	Keimling
bran	Kleie
waste	Abfall
animal feed	Tierfutter
whole grain	Vollkorn
recipe	Rezept
dough	Teig
porridge	Haferbrei
brown sugar	brauner Zucker/Vollzucker
chopping board	Schneidbrett
prunes	Dörrzwetschen
decorate	verzieren, garnieren
jug	Krug
cinnamon stick	ein Stück Zimtrinde
strain	abgießen
filter	abseihen
genuine	echt
in the past	in der Vergangenheit
indigenous people from North and South America	indigenen Völker Nord- und Südamerikas (früher Indios)
ingredient	Zutat
a component	eine Zutat/eine Komponente
chop	hacken
cut	schneiden
chill	abkühlen
mash	zerquetschen
liquid	Flüssigkeit

Where are cereals cultivated?

SHORT EXPLANATION

Different cereals need different climatic conditions and soil:

cereals for temperate regions

wheat
maize
rye
barley

cereals for cold regions

oats
barley
rye

cereals for warm/tropical regions

millet
rice
maize

Where are cereals grown?

Cereals are the largest single foodstuff in almost all diets; in some of the less developed countries up to 90 % of people's diet are cereals. This is why cereals are so important all over the world.

In Austria bread and flour are used up to 30 % of the total energy of the average daily diet.

Barley and rye are the most durable cereals and can therefore be grown in such bitterly cold parts of the world like the Subarctic and Siberia.

Harvest of cereal crops

Once cereal plants have grown their seeds, they have completed their life: **they die** and become **brown and dry**. Now it is time for the harvest.

In countries like Austria cereal crops are **machine harvested**, using a combine harvester – which **cuts, threshes and winnows** the grain.

WHEAT	Europe: Austria, Italy, Spain, Portugal, Greece, France ... Australia; Africa; North and South America; temperate and tropical countries in Asia The most important of the cereals for our daily diet.
RYE	Europe: Austria, Finland, Baltic countries, Poland, Slovakia, Czech Republic, Hungary North America: Canada
OATS	Europe: Scotland, Finland, Norway, Sweden, Russia
RICE	Tropical parts of Asia: India, Thailand, Vietnam Europe: Italy, Spain Wild rice in North America The most important of the cereals for daily diet in Asian countries.
MILLET	Asia: Middle East, Iran, Iraq, India; USA; Southern European countries
MAIZE	Europe: Italy, Greece, Spain, France, Germany, Denmark, Austria, Ukraine, Poland, Belgium, Portugal, Hungary, Romania, Croatia, Serbia and Montenegro, Slovenia ... Asia; Africa; North and South America
BARLEY	Europe: Ukraine, Russia, Turkey, Spain, Scotland North America: Canada; Africa: Morocco

Cereal products

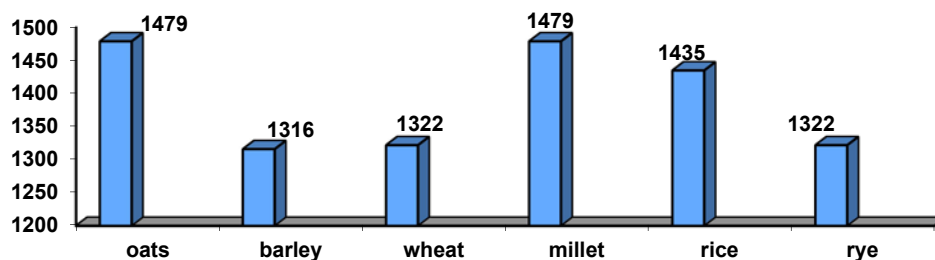
seeds – ground to flour	seeds – rolled to flakes	seeds – chopped to semolina	seeds – polished and rounded
wheat, rye, oats, rice, maize	millet, oats, wheat, rye, maize	wheat (Grieß) millet (Couscous) maize (Polenta)	barley
Bread cakes cookies flans pudding pasta	corn-flakes millet-flakes oats-flakes rye-flakes rice-flakes	wheat-semolina (Grieß) in medium and fine size maize: Polenta millet: Couscous	barley
			
buckwheat-flour (Buchweizenmehl)	rice-flakes (Reisflocken)	maize-semolina (Maisgrieß)	barley rounded (Rollgerste)

Abbildungen: Gabriela Swoboda-Asmera

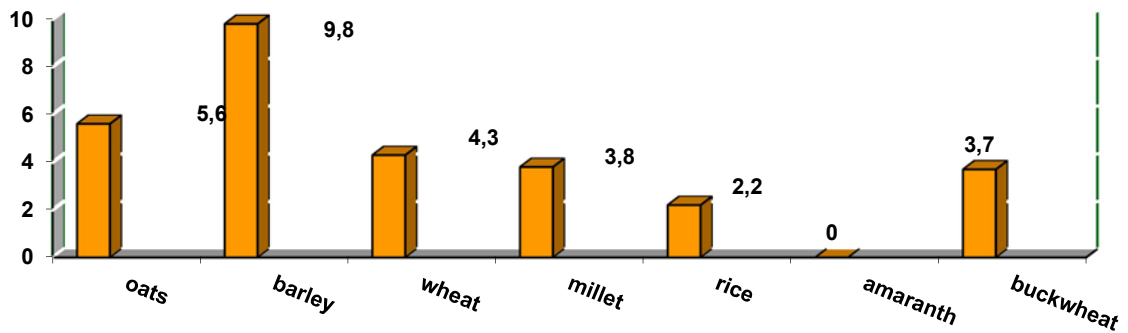
Nutritional value of cereals

Cereals supply most of their food energy as starch. They are also a significant source of protein. Whole grains are good sources for fibre (Ballaststoffe). Whole grains contain a lot of vitamins (mainly B₁, B₂, B₆ and Niacin). Whole grains contain a lot of minerals.

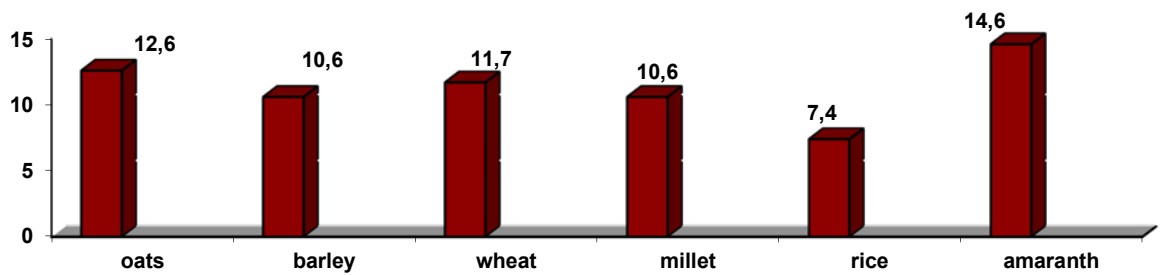
Content of energy in kJ/100g



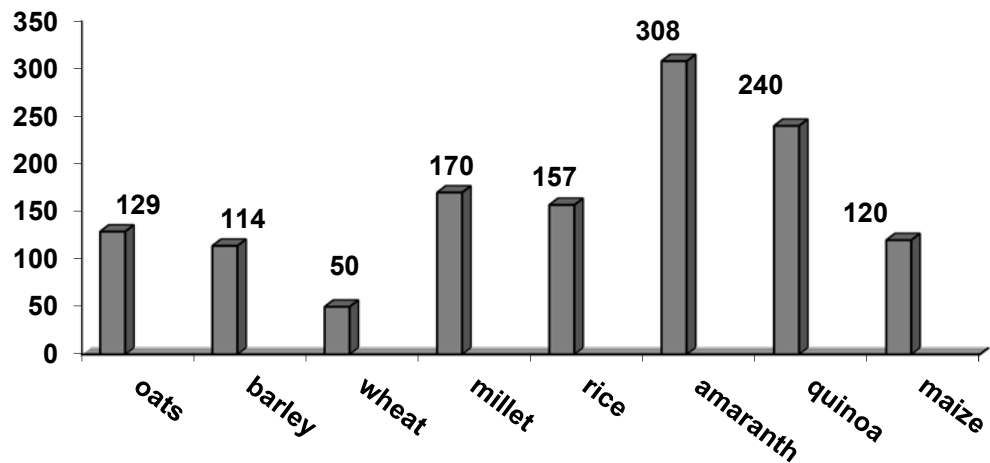
Fibre in g/100g



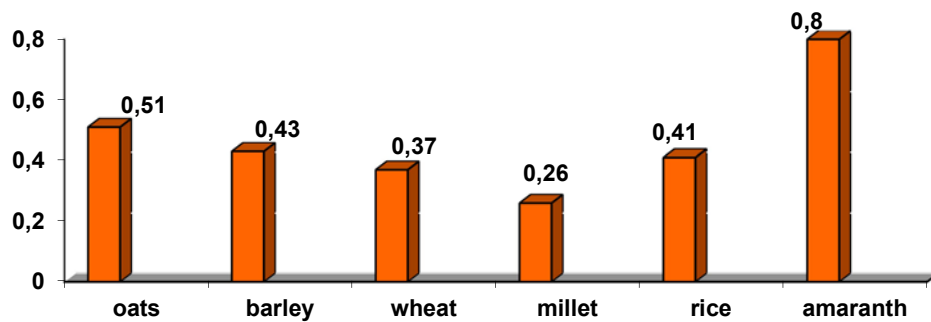
Proteins in g/100g



Mineral Magnesium in mg/100g

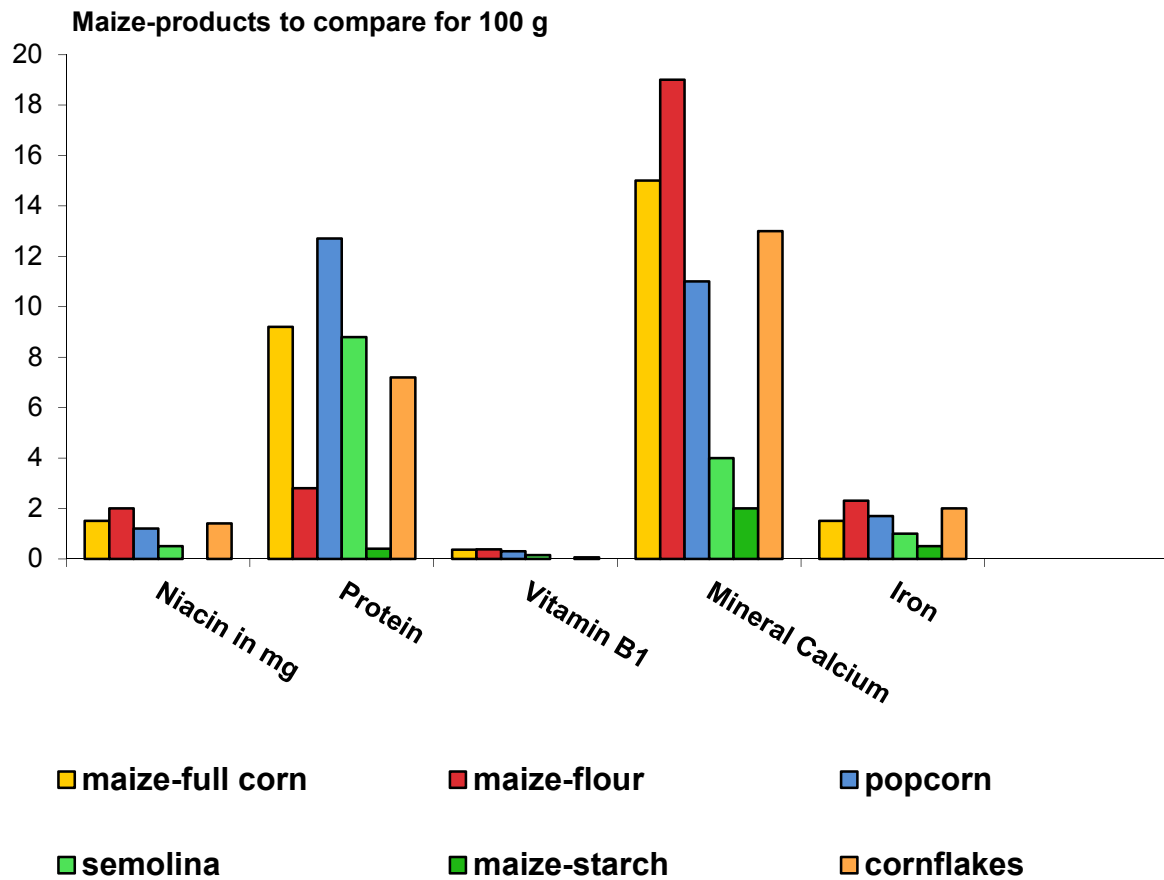


Vitamin B₁ in mg/100g



Nutritional value depends on food technology

Look at the example and find the most nutritious.



Whole grain products (Vollkornmehl, Vollkorngrieß, Vollkornflocken, Vollkornbrot etc.) **are healthier than cleaned grain products** (weißes Mehl, weißes Gebäck, Kuchen aus weißem Mehl = Auszugsmehl).



Over to you

Scotch Broth

Gerstensuppe, Bündner Gerstensuppe, Krupnik (= Polnisch), Graupensuppe – these are all names for the same type of soup.

Ingredients for 5 servings

150 g organic barley

1 l water

1 vegetable stock cube

thyme, nutmeg, salt, pepper

100 g carrots

100 g mushrooms

1/2 leek

100 g celery

25 g butter

Preparation

- Soak rolled barley in water over night.
- Rinse vegetables and mushrooms.
- Dice celery, mushrooms and carrots and slice the white of leek.
- Roast the vegetables in butter.
- Add the barley and the water.
- Add the spices.
- Simmer for about 25 minutes.

Serve with bread.

Variation: add sliced Frankfurters

Zutaten für 5 Personen

150 g Rollgerste oder besser Bio-Gerste

1 l Wasser

1 Suppenwürfel auf Gemüsebasis

Thymian, Muskat, Salz, Pfeffer

100 g Karotten

100 g Champignons

1/2 Stange Lauch

100 g Sellerie

25 g Butter

Zubereitung

- Rollgerste über Nacht einweichen.
- Gemüse und Pilze waschen.
- Sellerie und Karotten in kleine Würfel schneiden, Lauch in Streifen schneiden.
- Gemüse und Pilze in Butter anrösten.
- Rollgerste dazugeben und mit dem Einweichwasser aufgießen.
- Gewürze hinzufügen.
- Ca. 25 min kochen lassen.

Mit Brot servieren.

Variation: mit geschnittenen Frankfurter Würstel



Over to you

Barleywater

Ingredients for 5 servings

60 g barley (if possible organic)
1 l water
1/4 l apple juice
the juice from 1 lemon
2–3 tbsp. honey

Preparation

- Chop barley and soak it in water over night.
- Simmer the barley in water for about 30 minutes.
- Strain through a sieve and pour the liquid into a jug.
- Add lemon and apple juice to the liquid.
- Add as much honey as you like.

The drink is served hot in winter and cold in summer.

Tip

Boiled barley tastes good in a soup instead of noodles.

Zutaten für 5 Personen

60 g Bio-Gerste (wenn möglich)
1 l Wasser
1/4 l Apfelsaft
Saft einer Zitrone
2–3 El. Honig

Zubereitung

- Gerste schroten und über Nacht einweichen.
- Gerste mit dem Wasser zum Kochen bringen und ca. 30 min kochen lassen.
- Gerste abseihen und das Wasser auffangen.
- Mit Apfelsaft und Zitronensaft vermischen.
- Nach Geschmack süßen.

Im Winter warm, im Sommer kalt servieren!

Tipp

Die gekochte Gerste schmeckt gut als Suppeneinlage.

Your turn to comment

1 Do you know which cereals are growing in Austria?

The following cereal crops are c _ _ _ t _ _ _ a _ _ ed in Austria:

2 What can be produced from ...

wheat? _____

rye? _____

oats? _____

3 Find out the nutritional value of different cereals.

The two cereals with a high content of energy are _____ and

_____.

The cereal with the highest content of the mineral magnesium is _____.

The cereal with the highest content of fibre is _____.

Find the best cereal for vitamin B₁: _____

4 Find the right answer.

	yes	no
Cleaned grain has a lot of fibre.	☐	☐
Whole grain has a lot of fibre.	☐	☐
All maize-products do have the same content of calcium.	☐	☐
Different maize products have different calcium contents.	☐	☐
Whole grain products are healthier than cleaned grains.	☐	☐
Cleaned grain products are as healthy as whole grain products.	☐	☐

Solutions

 **1** Do you know which cereals are growing in Austria?

The following cereal crops are cultivated in Austria:

maize, wheat, barley, rye, oats, buckwheat, amaranth

 **2** What can be produced from ...

wheat? rolled wheat, bread, cakes, cookies, pasta, flakes, wheat semolina

rye? rye flakes, rye flour for bread, sweets (e. g. Lebkuchen)

oats? oats flour, oats flakes

 **3** Find out the nutritional value of different cereals.

The two cereals with a high content of energy are oats and millet.

The cereal with the highest content of the mineral magnesium is amaranth.

The cereal with the highest content of fibre is barley.

Find the best cereal for vitamin B₁: amaranth

 **4** Find the right answer.

	yes	no
Cleaned grain has a lot of fibre.	☐	☒
Whole grain has a lot of fibre.	☒	☐
All maize-products do have the same content of calcium.	☐	☒
Different maize products have different calcium contents.	☒	☐
Whole grain products are healthier than cleaned grains.	☒	☐
Cleaned grain products are as healthy as whole grain products.	☐	☒

Glossary: Where are cereals cultivated?

diets	Ernährungsweisen/Diät
food stuff	Nahrungsmittel
temperate regions	gemäßigte Zonen
combine harvester	Mähdrescher
durable cereals	unempfindliche Getreidearten
complete	abschließen
thresh	Dreschen
winnow	sieben, sortieren
flan	Torte
barley rounded	Rollgerste
semolina	Grieß
chopped	zerkleinert
significant source	bedeutende Quelle
organic farming	biologischer Anbau
leek	Lauch
celery	Sellerie
nutmeg	Muskatnuss
vegetable stock cube	Suppenwürfel auf Gemüsebasis
dice	in Würfel schneiden
slice	in Scheiben schneiden
add the spices	gib die Gewürze dazu
chop	zerkleinern
strain	abseihen
soak	einweichen
collect	sammeln
roast	anrösten
sieve	Sieb
simmer	köcheln, leicht kochen lassen
contain	enthalten
rinse the vegetables	das Gemüse waschen

A short visit to the Native Americans



The Native Americans and maize

It all started with maize. Native Americans of North America believed that God created the first human being out from maize.

When the first Europeans (from Spain) came to North America the Native Americans taught them how to cultivate and use all the parts of the new plant.

Native Americans grew many different varieties of maize: **yellow, red, blue and white** – the colours of the Indian tribes were taken from this unique plant.

Most of the old varieties of maize have disappeared because they are not usable for monoculture.

What the Native Americans made out of maize

The seeds:

- food, decoration and medicine

The corn-silk (Haare am Kolben):

- medicine and tobacco
- hair for dolls and other toys

The leaves:

- filling for quilts and cushions
- baskets
- dolls and toys
- masks
- packaging for food

The corn-cob (Kolben):

- heating material and for smoking meat and fish
- stoppers for bottles
- brooms and brushes for body massage

The stem (Stamm):

- to store medicine (closed with a corn)
- sweet syrup





What gets produced from maize nowadays?

products	food
textiles	maize-oil
bio-gas	fresh maize
wrapping material	frozen maize
toys	sterilized maize
dam off material	maize-flour
ingredients for detergents	maize-semolina (Polenta)
animal feed	maltose-syrup
	maize starch
	alcohol

What gets produced from other cereals?

rice	barley	rye	wheat
rice-starch for food and packaging materials	barley sugar	rye-flakes	wheat-flour
rice as a main or side dish	barley water	spirits (e. g. whisky)	wheat-flakes
rice-vinegar	barley starch	dam off material	wheat-starch
rice-wine	ingredient for beer	animal feed	wheat-germ oil
spirits	malt-syrup		packaging material
rice-paper	malt-sugar		animal feed
	malt-flour		dam off material
	animal feed		

Summary

Native Americans of North America believed that God created the first human being out of maize.

Native Americans grew many different varieties of maize but most of the old varieties have disappeared.

Native Americans used the whole plant: stem, leaves, seeds, corn-cob and corn-silk.

Over to you

Halvah

A speciality originally from India – now eaten worldwide

Ingredients for 5 servings

3 tbsp. raisins
4 figs
juice of 1 lemon
300 g water
300 g milk
200 g wheat-semolina
peel of lemon
10 dates
50 g hazelnuts
3 El. sesame seeds
2 El. seeds of sunflower
4 El. honey
200 g coconut flakes
250 g fresh or frozen berries

Preparation

- Rinse the raisins in hot water.
- Chop the figs, dates and hazelnuts, put them in lemon juice.
- Bring water and milk to a boil.
- Stir in the semolina and let it rest for a few minutes.
- Put the fig mixture into the semolina mixture (without coconut flakes).
- Form dumplings out of it (with wet hands).
- Roll the dumplings in coconut flakes.

Serve with sweetened and blended fresh berries.

Zutaten für 5 Personen

3 El. Sultaninen
4 Feigen
Saft einer Zitrone
300 g Wasser
300 g Vollmilch
200 g Vollweizengrieß
Schale von einer halben Zitrone
10 Datteln
50 g Haselnüsse
3 El. Sesam
2 El. Sonnenblumenkerne
4 El. Honig
200 g Kokosflocken
250 g frische oder TK-Beeren

Zubereitung

- Rosinen waschen.
- Feigen, Datteln und Haselnüsse hacken, in Zitronensaft einweichen.
- Milch und Wasser zum Kochen bringen.
- Grieß darin aufkochen und bei abgeschalteter Platte nachquellen lassen.
- Grießmasse mit allen Zutaten (außer Kokosflocken) vermischen.
- Walnussgroße Kugeln formen (mit nassen Händen).
- In Kokosflocken wälzen.

Beeren pürieren, etwas süßen und mit den Kugeln servieren.



Gabriela Swoboda-Asmera

Over to you

Indian Tacos

A speciality originally from Native Americans – now eaten worldwide

Ingredients for 5 servings

125 g maize-flour
1 pinch of baking powder
1 pinch of salt
75 g water
50 g oil to bake the tacos

Layer

1 red pepper
red chili powder, salt, pepper, parsley
1 red onion
5 tomatoes (ca. 250g)
1 tin of kidney beans (300 g) (red beans)
1 tbsp. oil
avocado

Preparation

- Put flour, baking powder and salt in a bowl, add water and stir until the dough is smooth.
- Knead the dough for 5 minutes on a lightly floured surface.
- Cut the dough into 5 pieces.
- Put the dough into a flat circle (1 finger thick).
- Make a small hole in the middle of the disk.
- Put the baked circle on a napkin or paper to reduce the content of fat.

Layer

- Rinse red pepper and tomatoes in cold water.
- Chop onion, pepper and tomatoes into small pieces.
- Fry vegetables in oil.
- Add spices.
- Rinse red kidney beans and mix them in vegetables.
- Heat everything together.
- Put the filling on the taco and serve it garnished with avocado cubes.

Zutaten für 5 Personen

125 g Maismehl
1 Msp. Backpulver
1 Prise Salz
75 g Wasser
50 g Öl zum Ausbacken

Belag

1 roter Paprika
etwas Chilipulver, Salz,
Pfeffer, Petersilie
1 rote Zwiebel
3 Paradeiser (ca. 200 g)
1 Dose rote Bohnen
1 El. Öl

Zubereitung

- Mehl, Backpulver und Salz in eine Schüssel geben, Wasser langsam einrühren bis ein geschmeidiger Teig entsteht.
- 5 Min. auf einer bemehlten Fläche kneten.
- Den Teig in 5 gleich große Kugeln teilen.
- Den Teig zu einer Scheibe ausrollen (ca. 1 cm dick).
- In die Mitte ein kleines Loch stechen.
- Die Fladen beidseitig in Öl ausbacken und auf Küchenpapier entfetten

Belag

- Paprika und Paradeiser waschen.
- Zwiebel, Paprika und Paradeiser schneiden.
- Gemüse kurz in Öl anrösten.
- Mit Chilipulver, Salz und Pfeffer würzen.
- Bohnen abseihen und dazugeben.
- Alles kurz erwärmen.
- Die Fladen mit dem Gemüse belegen, mit Avocadowürfel bestreuen und servieren.

Over to you

Drink of the Native South Americans

ingredients for 5 servings

2 p. maté tea (or green tea)
5 tbsp. maple syrup
2 p. lemonbalm-mint
1 l water

Preparation

- Bring water to a boil.
- Put in the tea bags for 3 minutes.
- Add maple syrup to sweeten the tea.

Serve the tea cold or hot!

Maté-tea is cultivated by the Native South Americans and has become quite popular in Europe as well.

Zutaten für 5 Personen

2 P. Maté-Tee (oder grüner Tee)
5 El. Ahornsirup
2 P. Zitronenmelisse
1 l Wasser

Zubereitung

- Wasser zum Kochen bringen.
- Teebeutel einlegen und 3 min ziehen lassen.
- Mit Ahornsirup abschmecken.

Kalt oder heiß servieren!

Maté-Tee wird von den südamerikanischen Indios angebaut und seit einiger Zeit auch in Europa geschätzt.

Your turn to comment

 **1** What did Native Americans produce from different parts of the maize-plant?

leaves:

masks,

corn-cob:



 **2** What types of food can be produced from cereals?

- | | | |
|---------------------------------|------------------------------------|--------------------------------|
| ☐ flour | ☐ vinegar | ☐ syrup |
| ☐ starch | ☐ vegetable | ☐ oil |
| ☐ sugar | ☐ flakes | ☐ wine |

 **3** What can be made of ...?

Look for the pairs.

animal feed (1)	() rice
paper (2)	() rice, barley
alcohol (3)	() maize, rice, barley, rye
starch (4)	() barley, maize, wheat
toys (5)	() wheat, barley, rice
dam off material (6)	(8) barley
vinegar (7)	() maize
beer (8)	() maize

Solutions

 **1** What did Native Americans produce from different parts of the maize-plant?

leaves:

masks, basket, fillings for cushions,

dolls and toys, packaging for food

corn -cob:

heating material, for smoking meat or fish

stoppers for bottles, brooms and brushes
for bodymassage



 **2** What types of food can be produced from cereals?

☒ flour

☒ vinegar

☒ syrup

☒ starch

☐ vegetable

☒ oil

☒ sugar

☒ flakes

☒ wine

 **3** What can be made of ...?

Look for the pairs.

animal feed (1)	(7) rice
paper (2)	(2) wheat, maize, rice
alcohol (3)	(3) maize, rice, barley, rye
starch (4)	(1) barley, maize, wheat
toys (5)	(4) wheat, rice
dam off material (6)	(8) barley
vinegar (7)	(5) maize
beer (8)	(6) maize, wheat, rye

Glossary: A short visit to the Native Americans

human being	Mensch
bring water to a boil	bringe Wasser zum Kochen
Native Americans	Ureinwohner Amerikas – „Indianer“, besser: indigene Völker
varieties of maize	Maissorten
monoculture	Monokultur
useable	nutzbar
seeds	Samen
corn-silk	Haare am Maiskolben
cushion	Polster
quilts	Steppdecken
basket	Korb
to wrap food	Lebensmittel verpacken
corn-cob	Maiskolben
stem	Stamm
dam off material	Dämmstoffe
wrapping material	Verpackungsmaterial
toy	Spielzeug
detergents	Waschmittel
frozen maize	Tiefkühlmais
sterilized maize	sterilisierter Mais (Mais in Dosen)
maltose-syrup	Maltosesirup
main dish	Hauptspeise
knead the dough	den Teig kneten
garnish	verzieren
side dish	Beilage
wheat-germ oil	Weizenkeimöl
malt-flour	Malzmehl
malt-sugar	Malzzucker
coconut flakes	Kokosflocken
sesame seeds	Sesam
date	Dattel
sunflower seeds	Sonnenblumenkerne
fig	Feige
raisin	Rosine
dumpling	Knödel
pinch of salt	eine Prise Salz
stir	umrühren
roast	anrösten
put the dough into a flat circle	den Teig zu einer dünnen Scheibe ausrollen
roll the dough	den Teig ausrollen
maple syrup	Ahornsirup
lemonpalm-mint	Zitronenmelisse
animal feed	Futtermittel
layer	belegen
a layer	Belag
spirits	Brandweine