

Test Your Wheat Knowledge



**FACT or FICTION
Quiz**

10 questions



**Multiple Choice
Quiz**



Nebraska Wheat: Consistent, Versatile, Reliable

A loaf of white bread is the central focus, resting on a wooden stump. To the left, several wheat stalks with long awns are visible. In the foreground, a pile of wheat berries is scattered on the stump. The background is a soft-focus wooden surface.

**White bread doesn't
contain any wheat.**

FACT

FICTION

INCORRECT

- **White bread is made with flour and flour is made from wheat. The bread is made with white flour which contains only the inside (endosperm) of a wheat kernel.**



NEXT

CORRECT

- **White bread is made with flour and flour is made from wheat. The bread is made with white flour which contains only the inside (endosperm) of a wheat kernel.**



NEXT

All flour is bleached.

FACT

FICTION



INCORRECT

Wheat is actually self-bleaching. If left for enough time it will turn white naturally. However, because consumers wanted an all white product, companies began artificially bleaching flour. Today both bleached and unbleached flours are available in the stores. There's no nutritional difference.

Source: "Grains of Truth About Wheat Flour."

Wheat Foods Council



NEXT

CORRECT

Wheat is actually self-bleaching. If left for enough time it will turn white naturally. However, because consumers wanted an all white product, companies began artificially bleaching flour. Today both bleached and unbleached flours are available in the stores. There's no nutritional difference.

Source: "Grains of Truth About
Wheat Flour."
Wheat Foods Council



NEXT

**Enriched wheat flour is
good for pregnant
women.**

FACT

FICTION



INCORRECT

Enriched flour is a good source of folic acid and iron. Folic acid decreases women's risk of having a pregnancy affected by neural tube defects (NTDs), the most common preventable type of birth defect worldwide. Iron prevents anemia or iron deficiencies.

Source: "Trends in Wheat-Flour Fortification with Folic Acid and Iron."
Center for Disease Control and Prevention



NEXT

CORRECT

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Source: "Trends in Wheat-Flour Fortification with Folic Acid and Iron."
Center for Disease Control and Prevention



NEXT

A loaf of bread is the central focus, resting on a wooden stump. To the left, a bundle of wheat stalks is visible. In the foreground, a pile of grain is scattered on the stump. The background is a soft-focus landscape with more wooden stumps.

**Bread products should NOT
be refrigerated.**

FACT

FICTION

INCORRECT

Bread products actually go stale 6 times faster in the fridge. They should be stored at room temperature or frozen.

Source: *"Grains of Truth About Wheat."*
Wheat Foods Council



NEXT

CORRECT

Bread products actually go stale 6 times faster in the fridge. They should be stored at room temperature or frozen.

Source: *"Grains of Truth About Wheat."*
Wheat Foods Council



NEXT

**The average person in the
US consumes 23 lbs. of
pizza a year.**

FACT

FICTION

INCORRECT

The average American consumes 46 slices of pizza a year which equates to 23 lbs.

Source: *"The Truth About Wheat."*
Wheat Foods Council



CORRECT

The average American consumes 46 slices of pizza a year which equates to 23 lbs.

Source: *"The Truth About Wheat."*
Wheat Foods Council





Approximately half of all grain products are made from wheat flour.

FACT

FICTION

INCORRECT

Approximately 75% or three quarters of all grain products in the US contain wheat flour.

Source: *"Grains of Truth About Wheat."*
Wheat Foods Council



NEXT

A close-up photograph of several cinnamon rolls. The rolls are golden-brown and have a thick layer of white icing drizzled over them. The background is slightly blurred, focusing attention on the rolls in the foreground.

CORRECT

Approximately 75% or three quarters of all grain products in the US contain wheat flour.

Source: *"Grains of Truth About Wheat."*
Wheat Foods Council

A green arrow with a white outline, pointing to the right. The word "NEXT" is written in white capital letters inside the arrow.

NEXT

**Approximately 25% of the
US population is gluten
intolerant or sensitive.**

FACT

FICTION

INCORRECT

Only 1% of the population is gluten intolerant and only 6% are gluten sensitive. The other 93% can safely consume gluten or wheat foods.

Source: "*Gluten Factoid.*"
National Association of Wheat Growers



CORRECT

Only 1% of the population is gluten intolerant and only 6% are gluten sensitive. The other 93% can safely consume gluten or wheat foods.

Source: *"Gluten Factoid."*
National Association of Wheat Growers



**It takes more than 10 years
for a new variety of wheat
seed to be released for
production.**

FACT

FICTION

INCORRECT

It takes a minimum of 12 years for a new variety to be released. During this time the wheat is evaluated in multiple locations under a variety of conditions to test for agronomic performance. Varieties are also milled and baked to test for end-use qualities in food.

Source: *"Wheat Quality Assurance Report."*
Nebraska Wheat

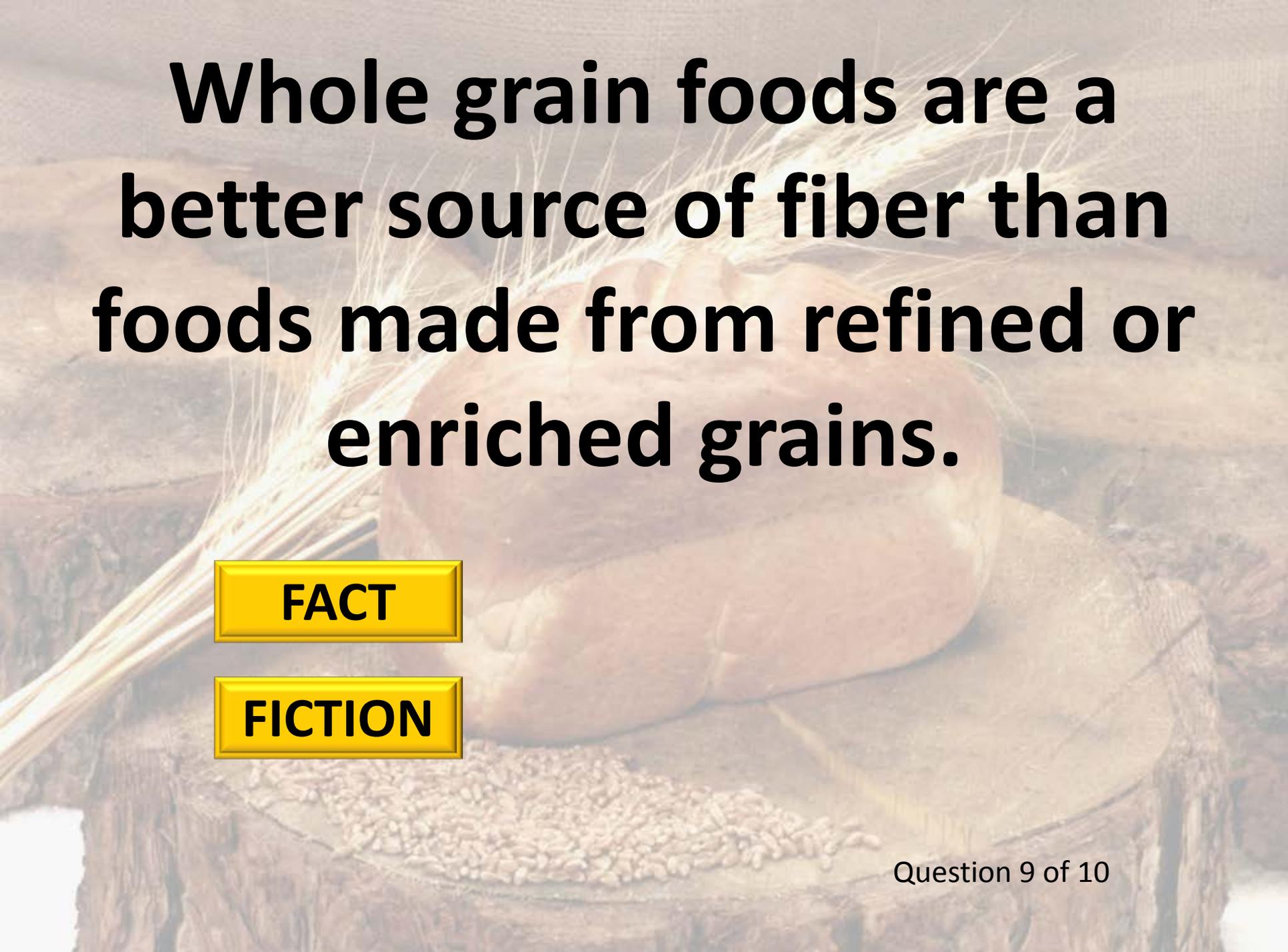


CORRECT

It takes a minimum of 12 years for a new variety to be released. During this time the wheat is evaluated in multiple locations under a variety of conditions to test for agronomic performance. Varieties are also milled and baked to test for end-use qualities in food.

Source: *"Wheat Quality Assurance Report."*
Nebraska Wheat



A photograph of a rustic scene featuring a large, golden-brown loaf of whole grain bread resting on a wooden surface. To the left, several stalks of wheat are visible, and in the foreground, a pile of whole grain flour or grain is scattered. The background is a soft, out-of-focus landscape.

Whole grain foods are a better source of fiber than foods made from refined or enriched grains.

FACT

FICTION

INCORRECT

Milling removes a lot of the fiber and iron from flour. Enriching flour with nutrients doesn't add fiber. That's why it's recommended that half of a person's daily intake should be whole grains.

Source: "My Food Plate."
USDA



NEXT

CORRECT

Milling removes a lot of the fiber and iron from flour. Enriching flour with nutrients doesn't add fiber. That's why it's recommended that half of a person's daily intake should be whole grains.

Source: "My Food Plate."
USDA



NEXT

**On average, you could fill
more than 1,000 Olympic
swimming pools with the
wheat raised in 1 year in
Nebraska**

FACT

FICTION

INCORRECT

Nebraska raises an average 75 million bushels of wheat annually. An Olympic pool will hold approximately 2.5 million liters. One bushel equals approximately 35 liters. At that rate, the wheat production in Nebraska would fill 1050 Olympic swimming pools.

Source: *"Fun Facts."*
Nebraska Wheat



CORRECT

Nebraska raises an average 75 million bushels of wheat annually. An Olympic pool will hold approximately 2.5 million liters. One bushel equals approximately 35 liters. At that rate, the wheat production in Nebraska would fill 1050 Olympic swimming pools.

Source: "Fun Facts."
Nebraska Wheat



CONGRATULATIONS!

You completed the *Wheat: Fact or Fiction* quiz.

Return to Home



Take Multiple Choice Quiz



How many farms in Nebraska grow wheat?

A. 5,000

B. 8,000

C. 10,000

D. 13,000

INCORRECT

Please try again.

NEXT

CORRECT

Approximately 8,037 farms have planted wheat acres in Nebraska.

NEXT

In which season do farmers plant winter wheat in Nebraska?

A. Spring

B. Summer

C. Fall

D. Winter

INCORRECT

Please try again.

NEXT



A red tractor with a large implement is shown in a field. The tractor is positioned in the lower-left quadrant, and the implement extends towards the right. The field is a mix of green and brown, suggesting a late autumn or early winter setting. The background shows a line of trees under a clear sky.

CORRECT

Winter wheat is planted in the fall so the wheat can go dormant over winter and vernalize. It grows again in the spring.

NEXT

Which part of the wheat kernel is used to make all-purpose flour?

HINT: It makes up 83 percent of the kernel's weight.

A. Bran

B. Endosperm

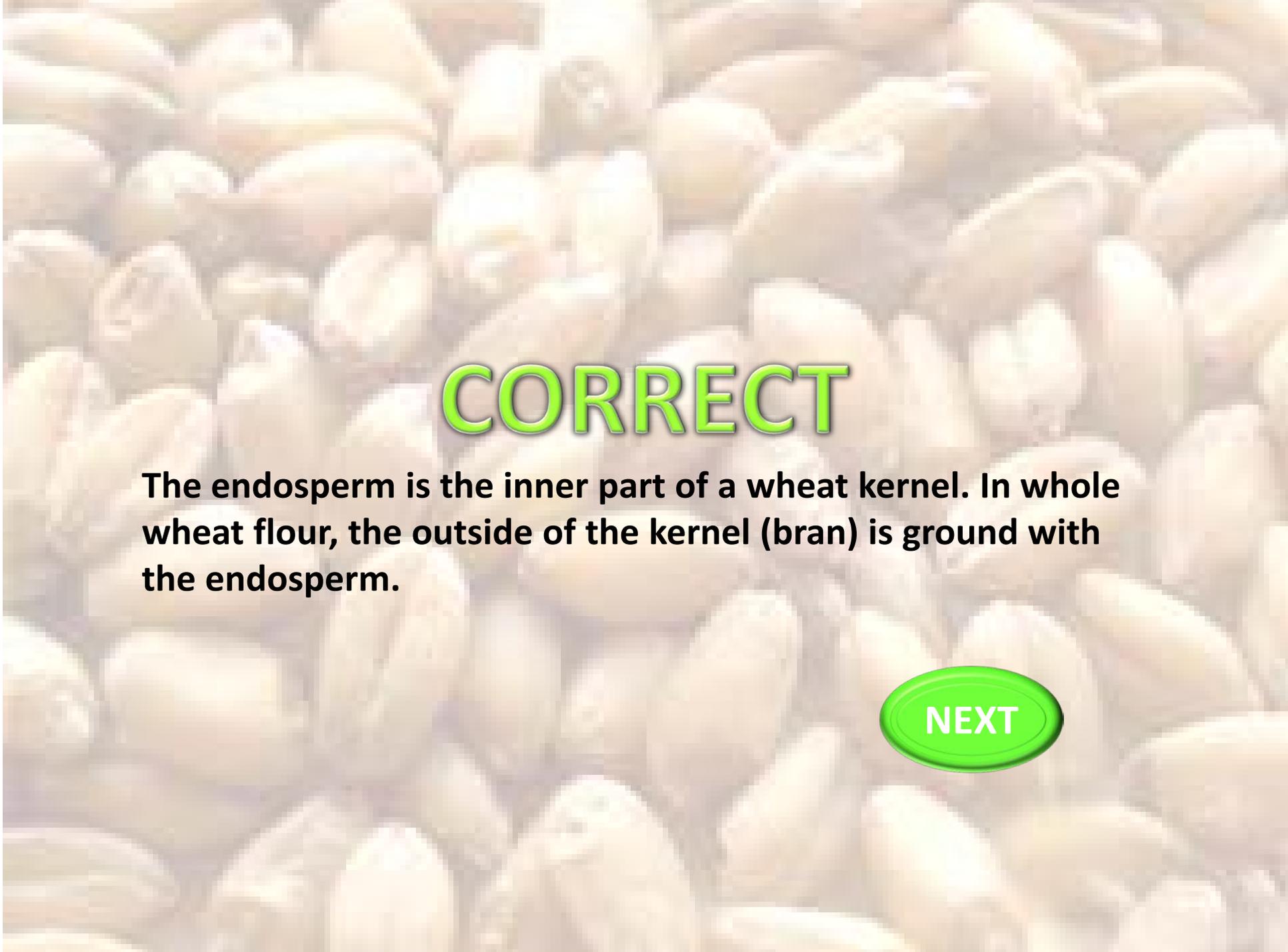
C. Germ

D. Head

INCORRECT

Please try again.

NEXT

The background of the slide is a close-up, slightly blurred image of many wheat kernels, showing their characteristic golden-brown color and oval shape.

CORRECT

The endosperm is the inner part of a wheat kernel. In whole wheat flour, the outside of the kernel (bran) is ground with the endosperm.

A green, three-dimensional oval button with a white border and a slight shadow, containing the word 'NEXT' in white capital letters.

NEXT

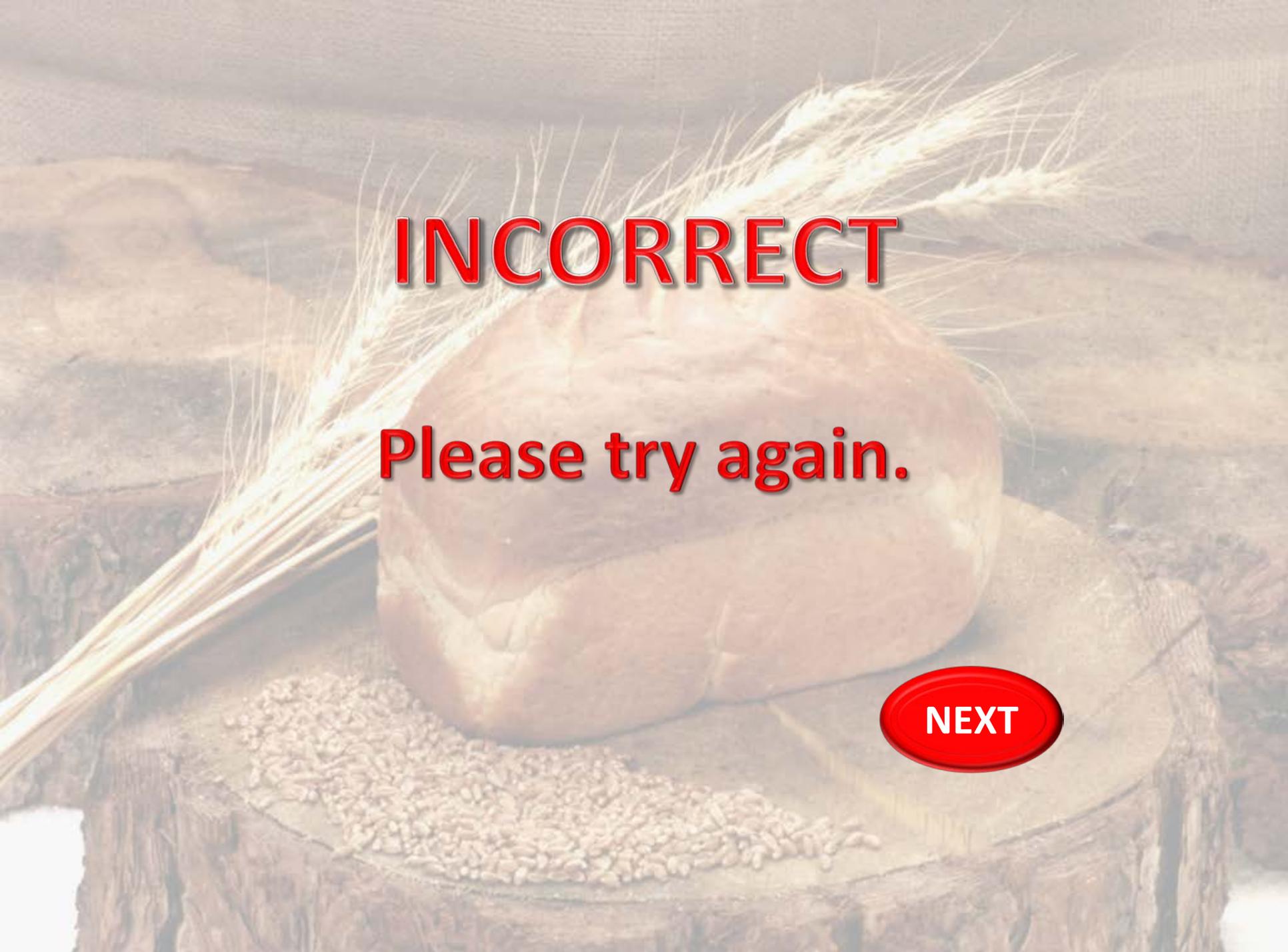
If all of the wheat raised in Nebraska in one year was turned into bread, how many sandwiches could you feed each person in the world?

A. 2.5

B. 3.5

C. 4.5

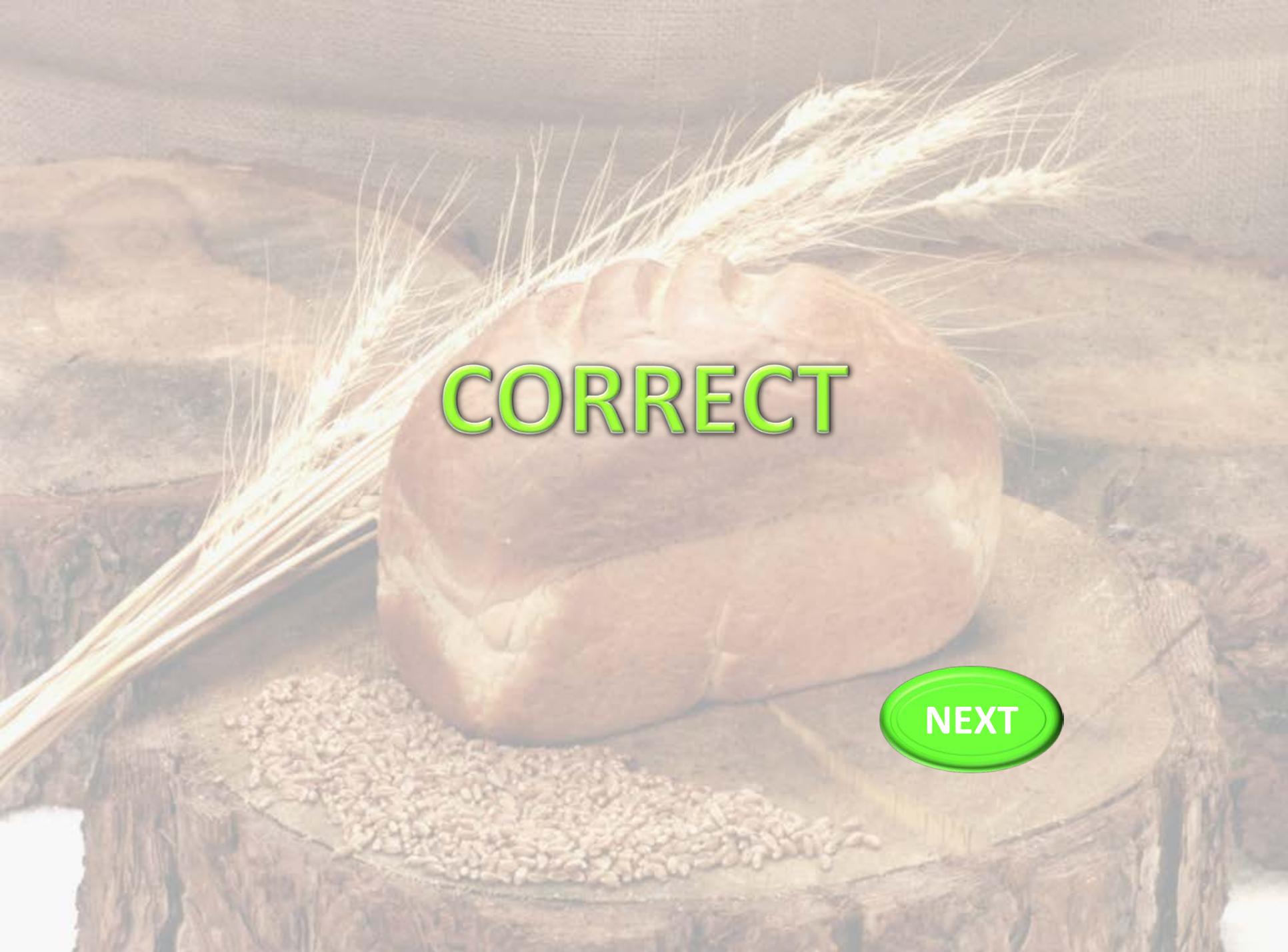
D. 5.5

A loaf of bread is the central focus, resting on a wooden stump. To the left, several wheat stalks are visible. In the foreground, a pile of grain is scattered on the stump. The background is a textured, brownish surface.

INCORRECT

Please try again.

NEXT

A loaf of bread is the central focus, resting on a wooden stump. To its left, several stalks of wheat are arranged. In front of the loaf, a pile of grain is scattered on the stump. The background is a textured, brownish surface.

CORRECT

NEXT

Which item does NOT contain wheat?

A. Revlon mascara

B. Degree deodorant

C. National Gypsum Plaster

D. VO5 Shampoo

INCORRECT

Please try again

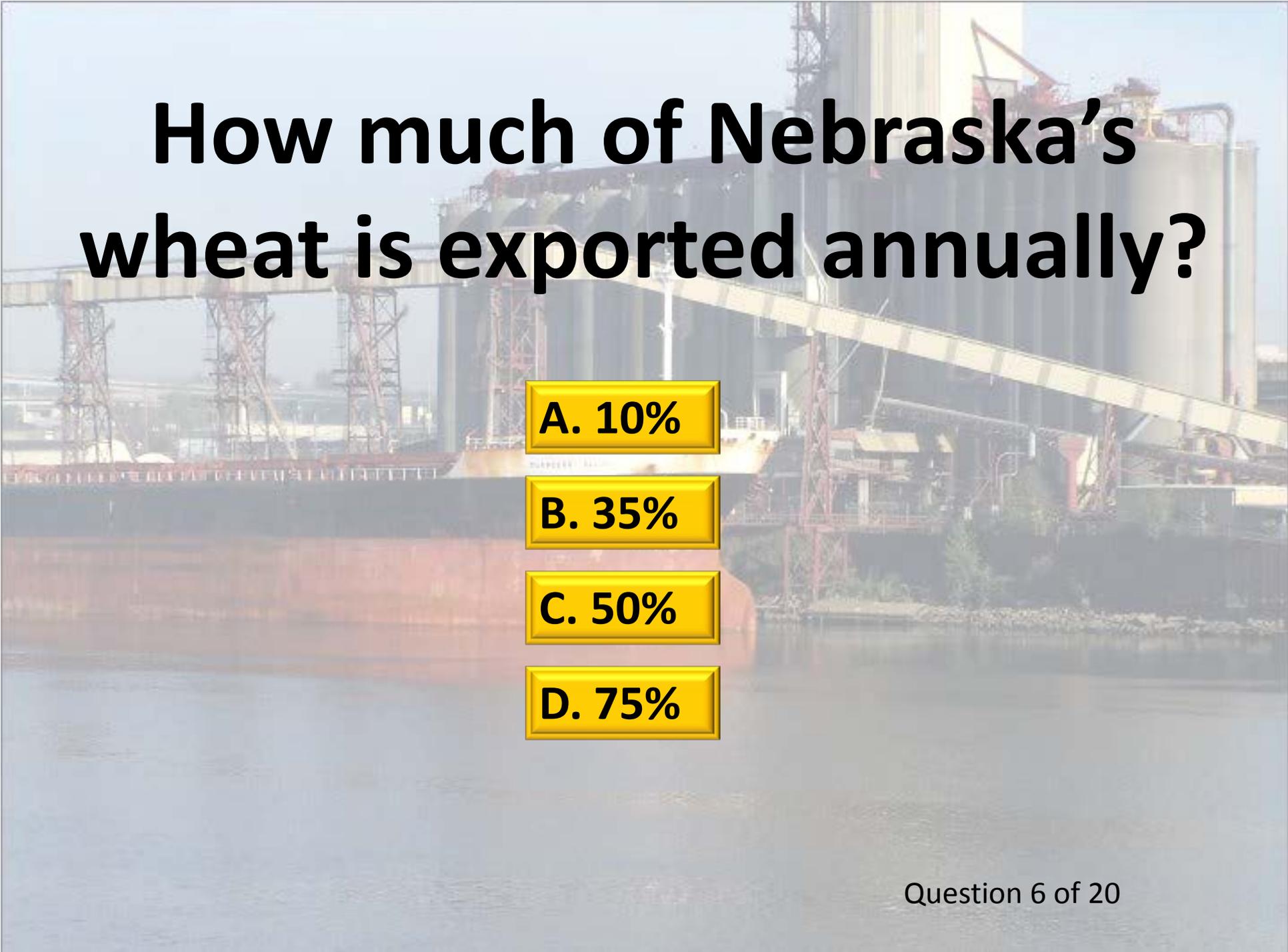
NEXT

CORRECT

Portions of the wheat kernel or wheat straw are used in non-food items like insulation, soaps, makeup, pet foods and more.



NEXT



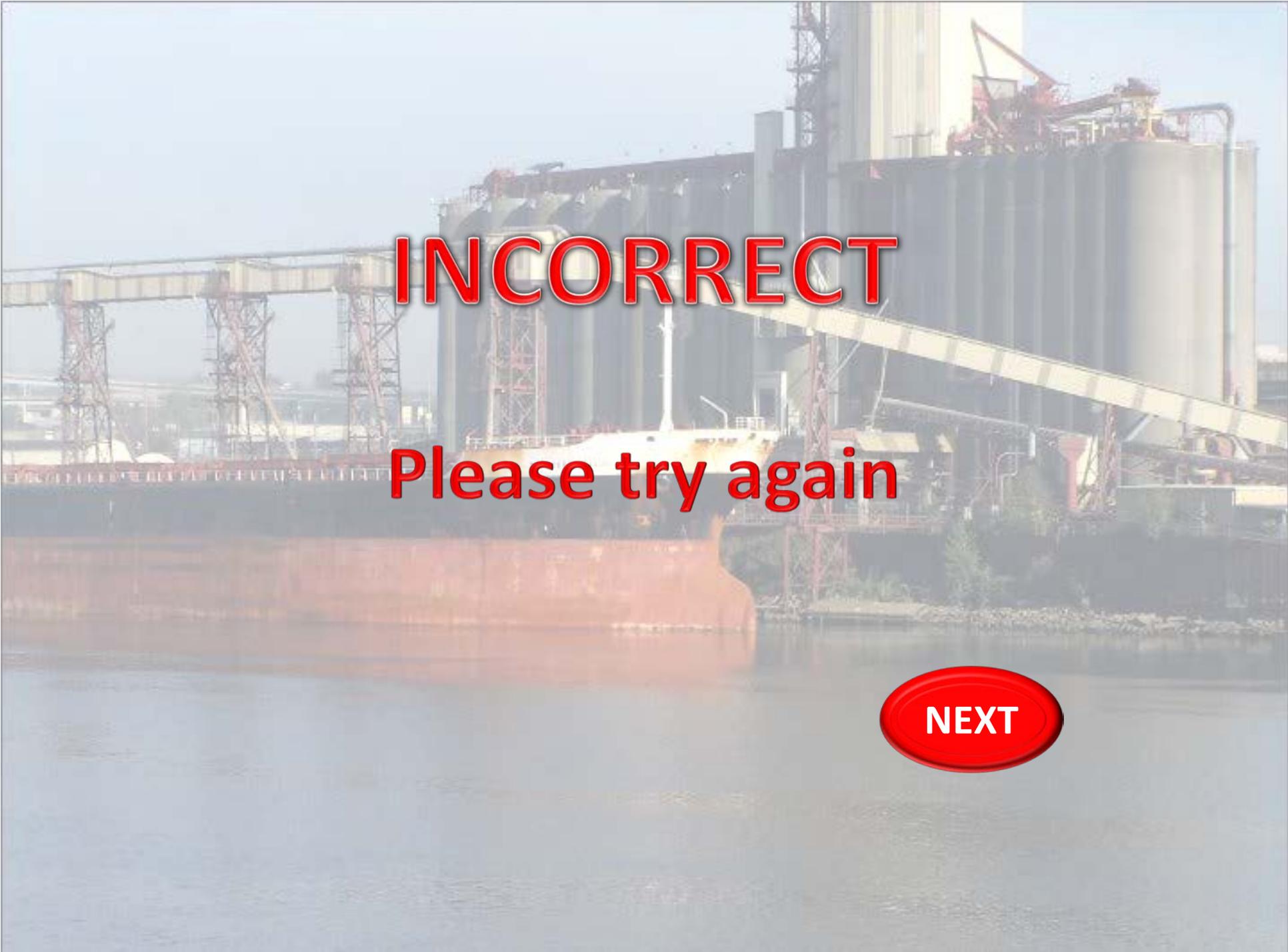
How much of Nebraska's wheat is exported annually?

A. 10%

B. 35%

C. 50%

D. 75%



INCORRECT

Please try again

NEXT

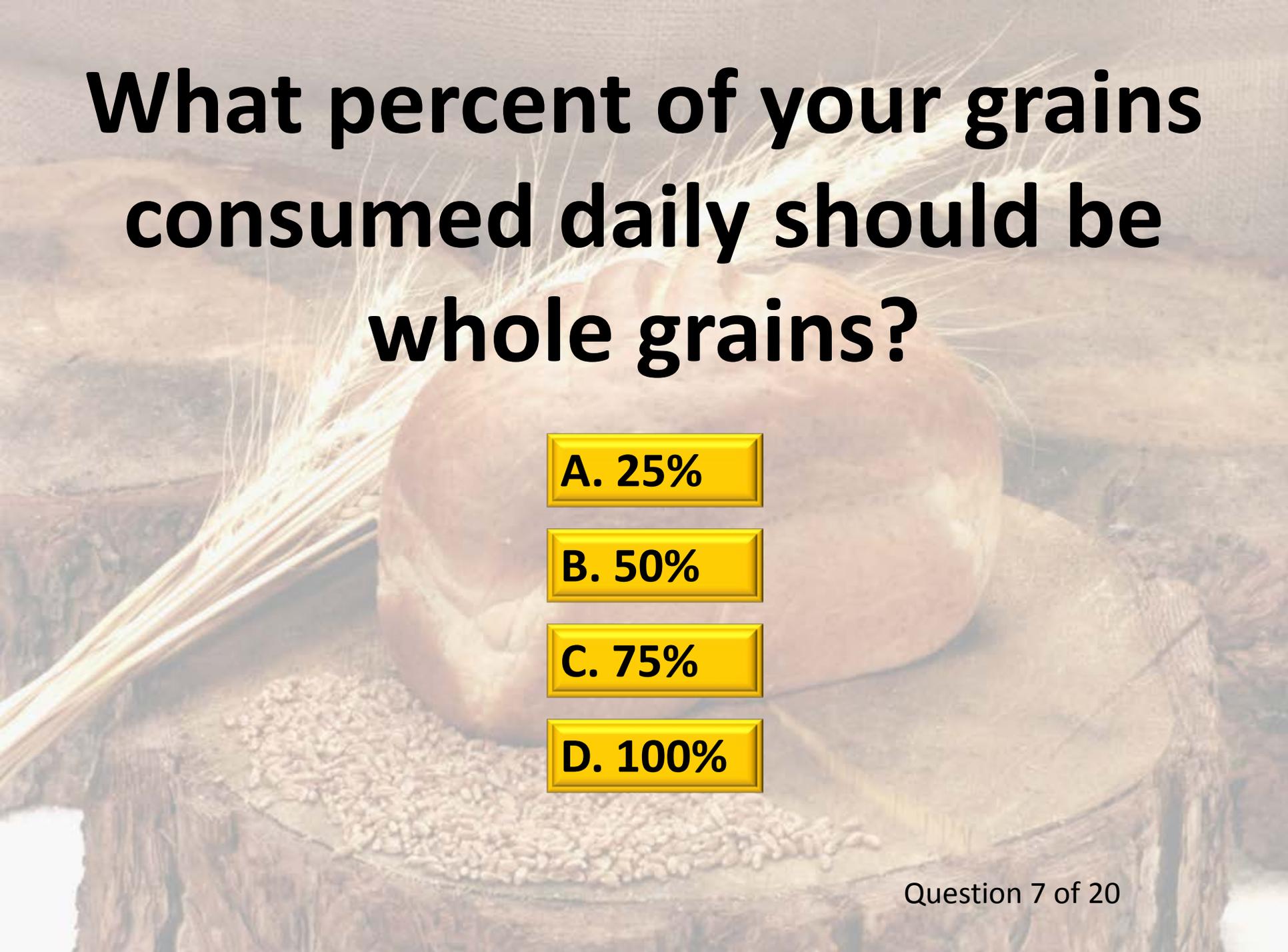
A photograph of an industrial facility, likely a port or refinery, with a large ship docked at a pier. The ship has a white upper hull and a red lower hull. The facility features large cylindrical tanks, pipes, and a complex network of steel structures. The word "CORRECT" is overlaid in large, green, 3D-style letters.

CORRECT

Approximately half of the wheat raised in Nebraska is exported through ports in the Gulf of Mexico or the Pacific Northwest.

A green, 3D-style oval button with a white border and a slight shadow, containing the word "NEXT" in white capital letters.

NEXT

A loaf of bread is the central focus, resting on a wooden surface. To its left, several stalks of wheat are visible, and below the bread, a pile of grain is scattered. The background is a soft, out-of-focus landscape with rolling hills.

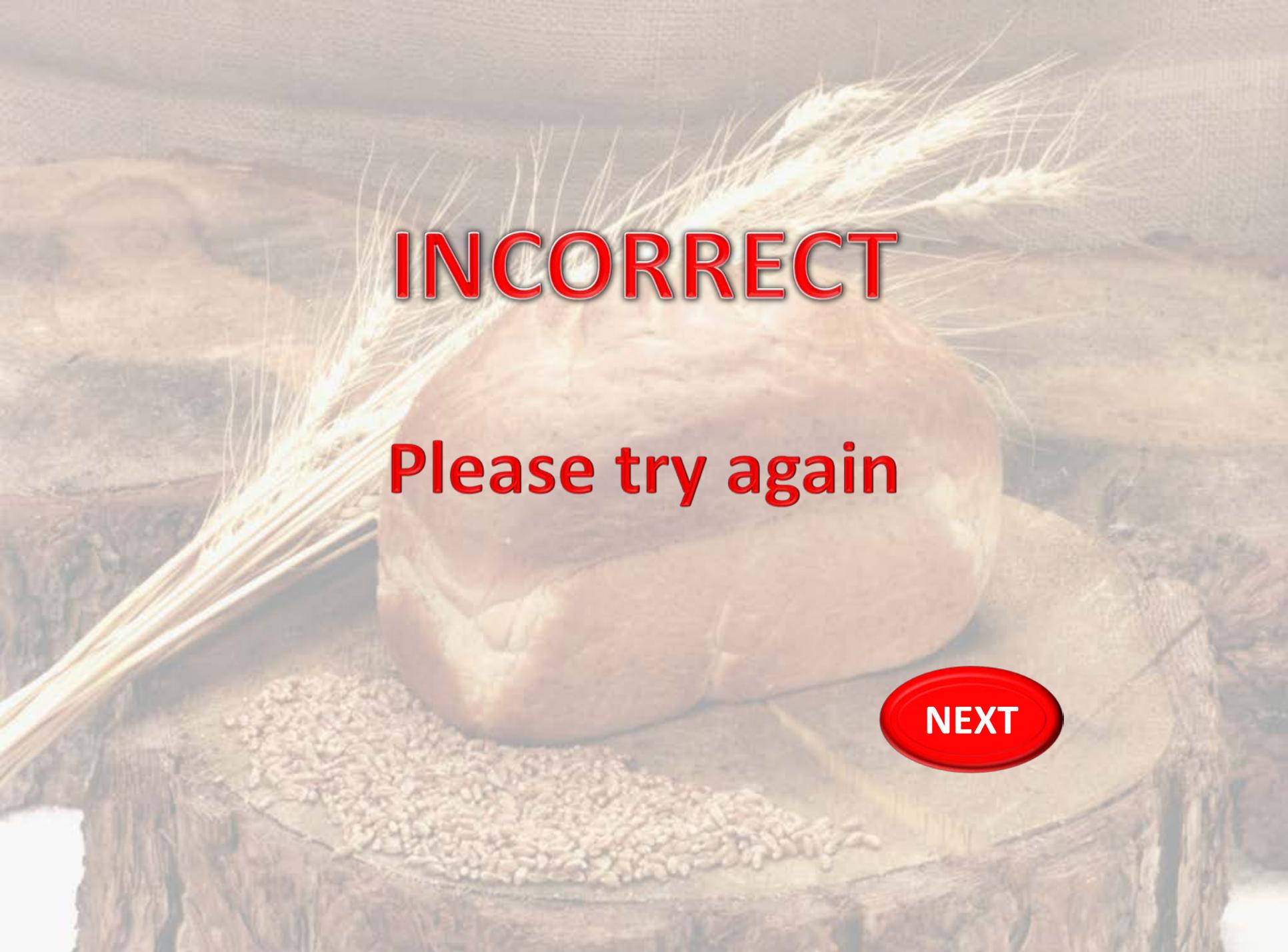
**What percent of your grains
consumed daily should be
whole grains?**

A. 25%

B. 50%

C. 75%

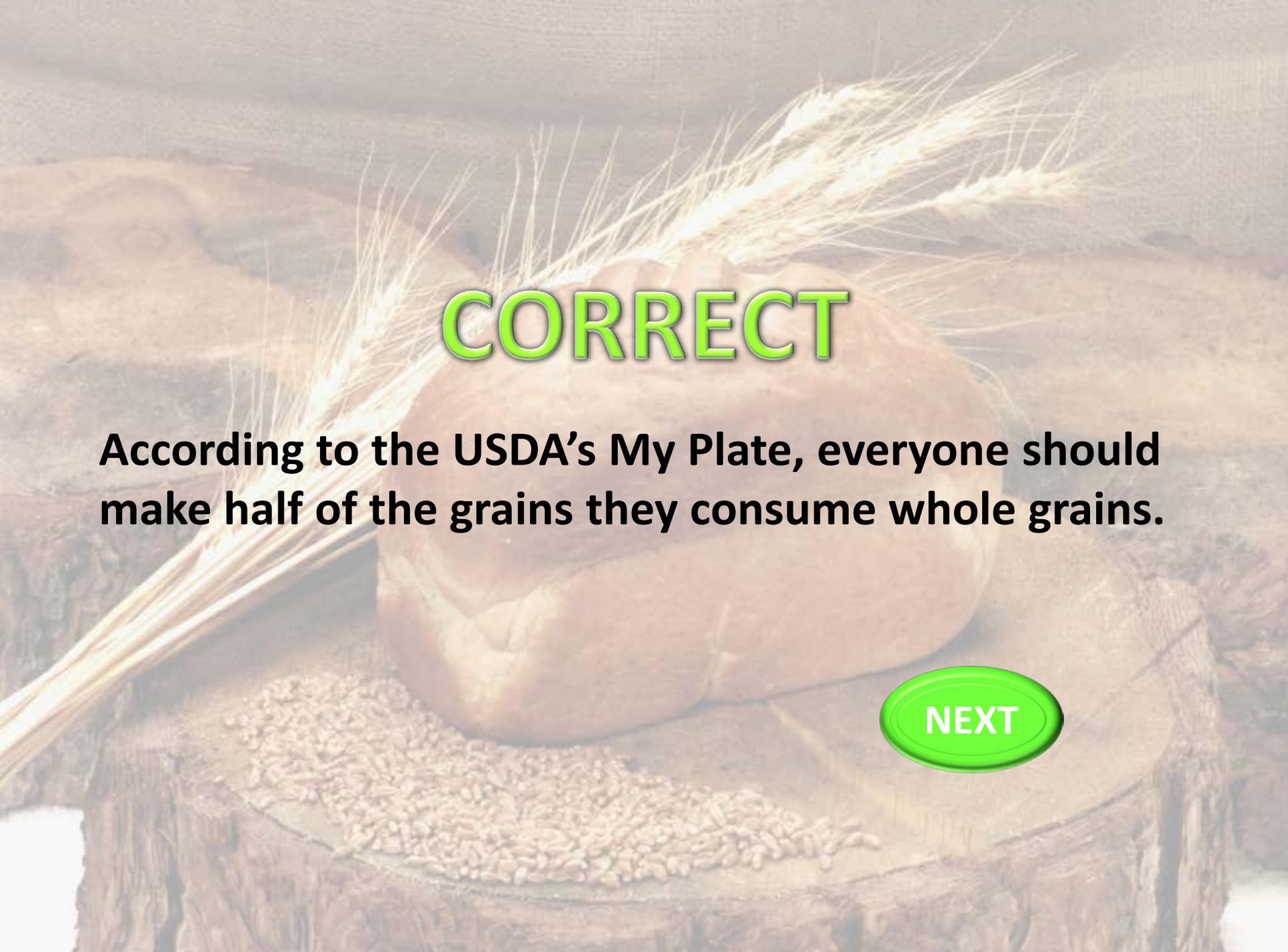
D. 100%

A loaf of bread is the central focus, resting on a wooden stump. To the left, several wheat stalks are visible, and in front of the loaf, a pile of grain is scattered on the stump. The background is a textured, light brown surface.

INCORRECT

Please try again

NEXT

A loaf of whole grain bread is the central focus, resting on a wooden stump. The background is a soft-focus image of wheat stalks and grain. The word "CORRECT" is written in large, green, outlined letters across the middle of the loaf.

CORRECT

According to the USDA's My Plate, everyone should make half of the grains they consume whole grains.

NEXT

Which two types of wheat do farmers raise in Nebraska?

A. Hard Red Spring and Durum

B. Hard Red Winter and Hard White

C. Soft Red Winter and Soft White

B. Hard Red Winter and Durum

INCORRECT

Please try again

NEXT

CORRECT

Although a small amount of Hard Red Spring is grown in the northern part of the state, most of Nebraska's wheat is Hard Red Winter and Hard White.



NEXT

Which machine do farmers use to harvest wheat?

A. Tractor

B. Disk Drill

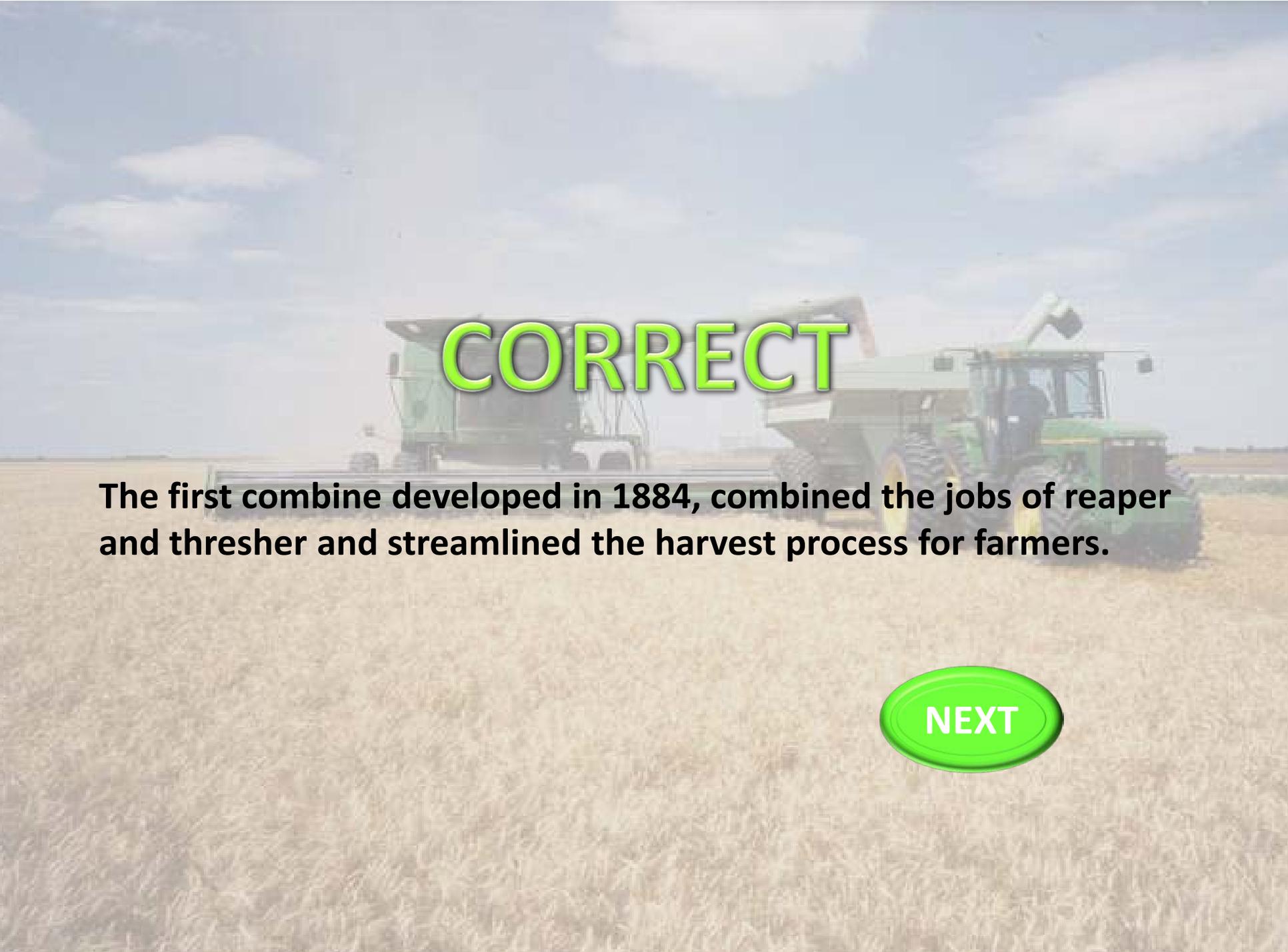
C. Combine

D. Air Seeder

INCORRECT

Please try again

NEXT

A green combine harvester and a green tractor are shown in a field. The combine harvester is on the left, and the tractor is on the right. The word "CORRECT" is overlaid in large, green, outlined letters across the center of the image.

CORRECT

The first combine developed in 1884, combined the jobs of reaper and thresher and streamlined the harvest process for farmers.

A green oval button with a white border and a slight shadow, containing the word "NEXT" in white capital letters.

NEXT

What is the outside of a wheat kernel called?

A. Bran

B. Germ

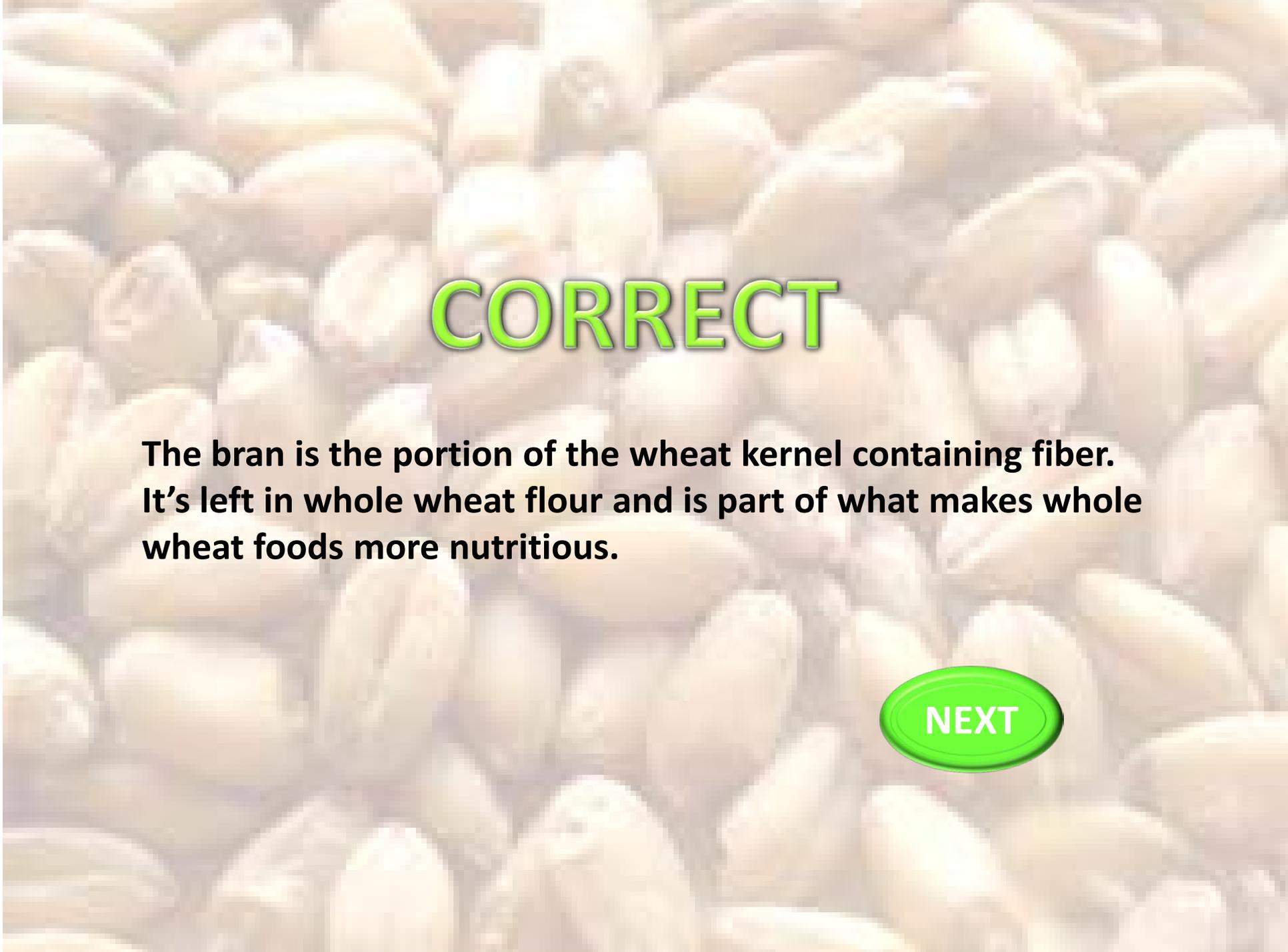
C. Head

D. Endosperm

INCORRECT

Please try again

NEXT

The background of the entire slide is a close-up, slightly blurred image of numerous light-brown wheat kernels. The kernels are piled together, creating a textured, organic pattern.

CORRECT

The bran is the portion of the wheat kernel containing fiber. It's left in whole wheat flour and is part of what makes whole wheat foods more nutritious.

A bright green, three-dimensional oval button with a slight shadow and a white border, containing the word 'NEXT' in white capital letters.

NEXT

In which season do farmers in Nebraska harvest wheat?

Hint: Nebraska farmers raise winter wheat.

A. Spring

B. Summer

C. Fall

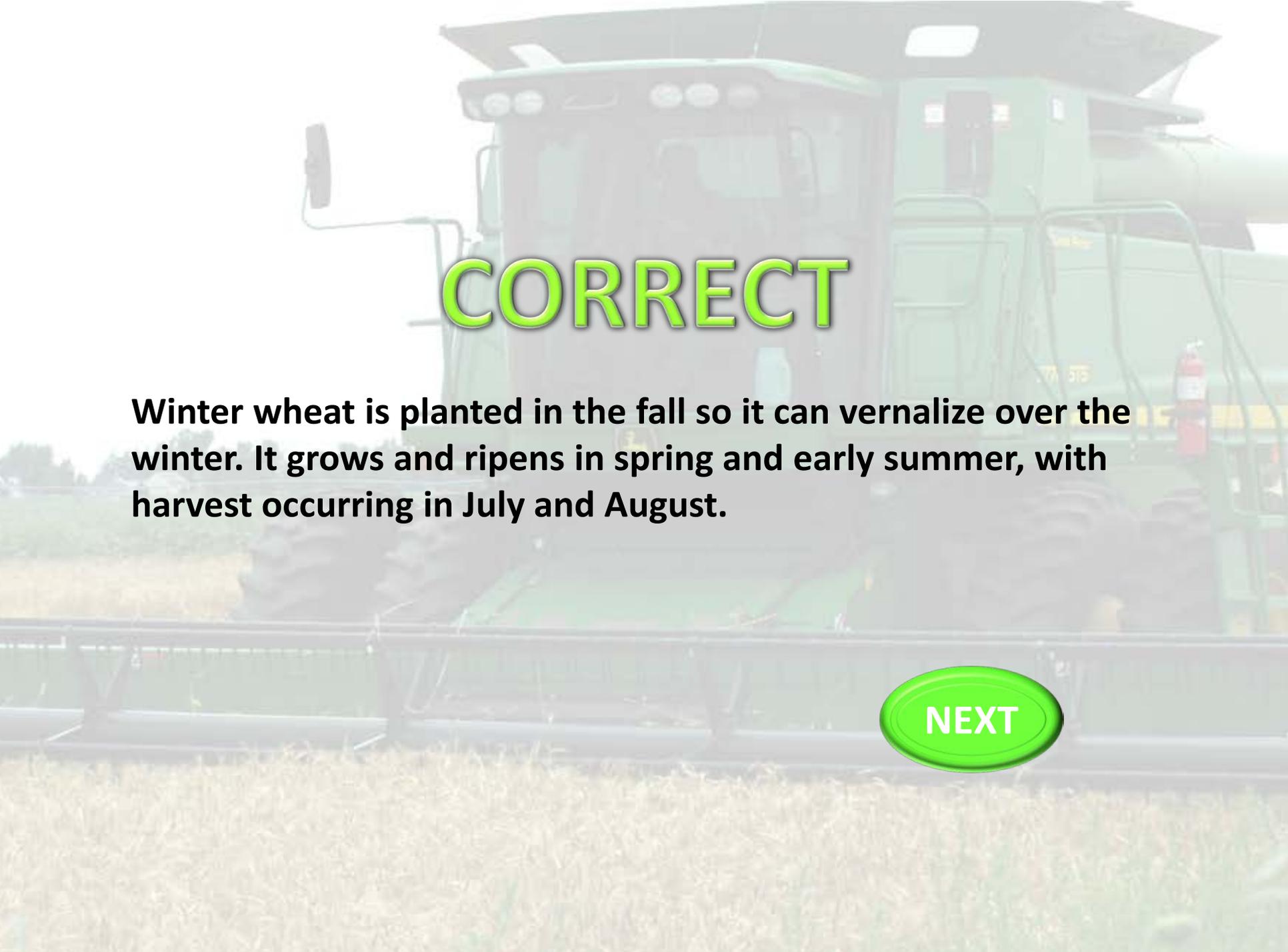
D. Winter

A green combine harvester is shown in a field of golden-brown grain. The harvester is viewed from a front-three-quarter perspective. The text 'INCORRECT' is overlaid in large, bold, red letters with a white outline. Below it, the text 'Please try again' is also in red, bold letters with a white outline. In the bottom right corner, there is a red oval button with the word 'NEXT' in white capital letters.

INCORRECT

Please try again

NEXT



CORRECT

Winter wheat is planted in the fall so it can vernalize over the winter. It grows and ripens in spring and early summer, with harvest occurring in July and August.

NEXT

Which part of the wheat plant contains the kernels?

A. Node

B. Head

C. Stem

D. Tiller

INCORRECT

Please try again

NEXT

Correct

The nodes, stem and tillers are part of the body of the wheat plant which develop during vegetative growth. The head is the top part which develops at the end of vegetative growth and develops wheat kernels during reproductive growth.

NEXT

What is the minimum number of years it takes for a new variety of wheat seed to be released?

A. 6 years

B. 10 years

C. 12 years

D. 16 years

INCORRECT

Please try again

NEXT

Correct

It takes a minimum of 12 years for a new variety to be released. During this time the wheat is evaluated in multiple locations under a variety of conditions to test for agronomic performance. Varieties are also milled and baked to test for end-use qualities in food.

NEXT

_____ is the practice of not planting for a season to retain soil moisture.

A. Minimum till

B. Crop Rotation

C. Conventional

D. Fallow

INCORRECT

Please try again

NEXT

CORRECT

Leaving fields fallow is a common practice used to collect moisture for a future crop, especially in western Nebraska where lower amounts of precipitation are received.



NEXT

Where is the majority of the wheat in Nebraska grown?

A. North

B. Central

C. East

D. West

INCORRECT

Please try again

NEXT

CORRECT

While every county in the state has at least some wheat, most of the production occurs in the Panhandle and southwestern Nebraska, with a large amount also in the south central part of the state.



NEXT

On average, where does Nebraska rank in winter wheat production?

A. 1 - 4

B. 5 - 9

C. 10 - 12

D. 13 - 15

INCORRECT

Please try again

NEXT

CORRECT

Nebraska is consistently a top-ten winter wheat producing state. Other major winter wheat producing states include Colorado, Kansas, Montana, Oklahoma, South Dakota, Texas and Washington.



NEXT



**When was the first
automated mill developed
to grind wheat?**

A. 1776

B. 1785

C. 1808

D. 1825

NELIGH

INCORRECT

Please try again

NEXT

CORRECT

**Oliver Evans developed the first automated mill in 1785.
He gave a license for use of his mill improvements to
Thomas Jefferson in 1808.**

NEXT

Wheat is the ____ most popular crop in Nebraska.

A. Second

B. Third

C. Fourth

D. Fifth

INCORRECT

Please try again

NEXT

CORRECT

Wheat production ranks third behind corn and soybeans, but ahead of sorghum, sugar beets and edible beans which are also important crops in Nebraska agriculture.



NEXT



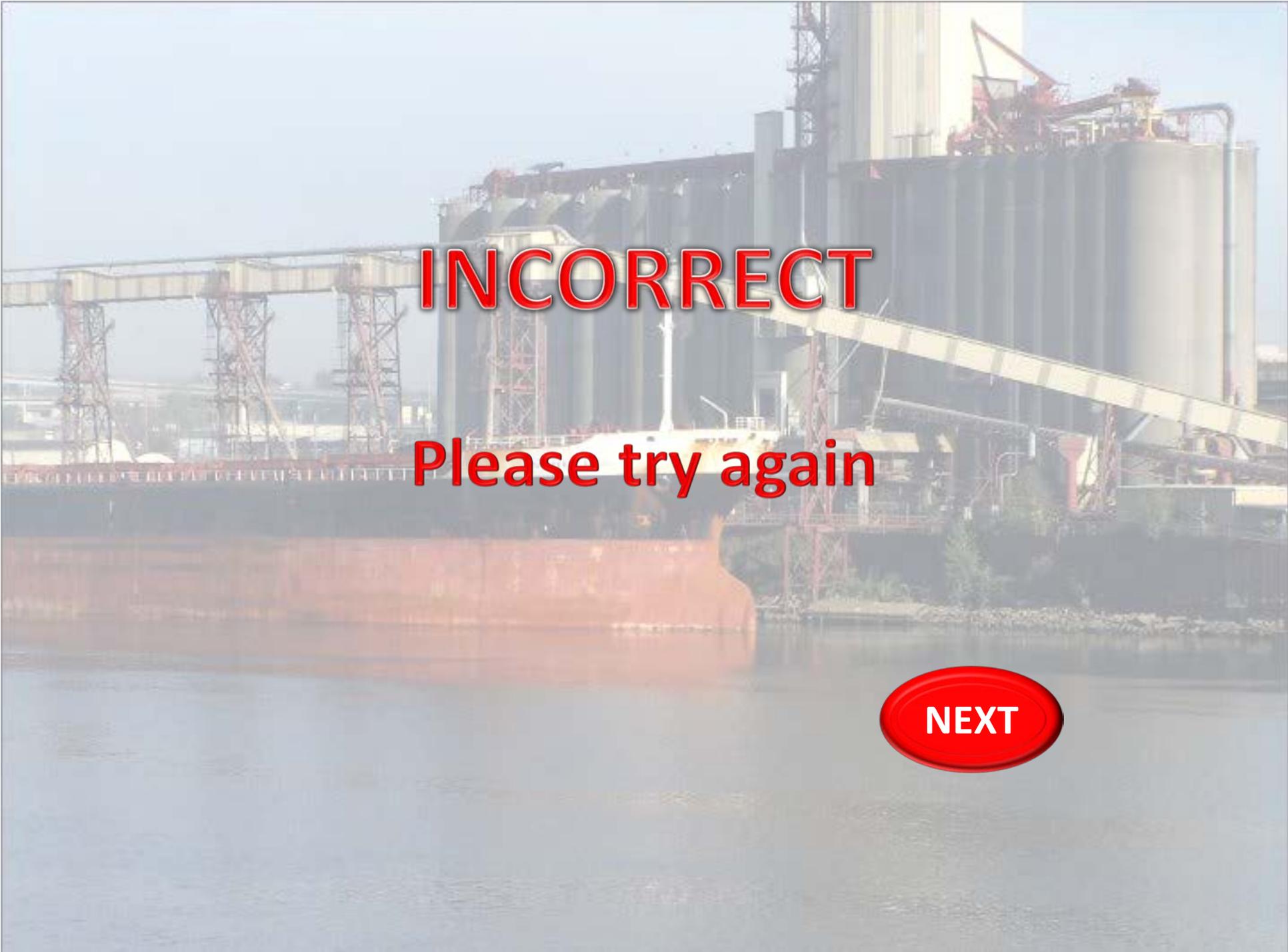
Which country is the largest customer for US Hard Red Winter wheat?

A. Canada

B. Nigeria

C. Japan

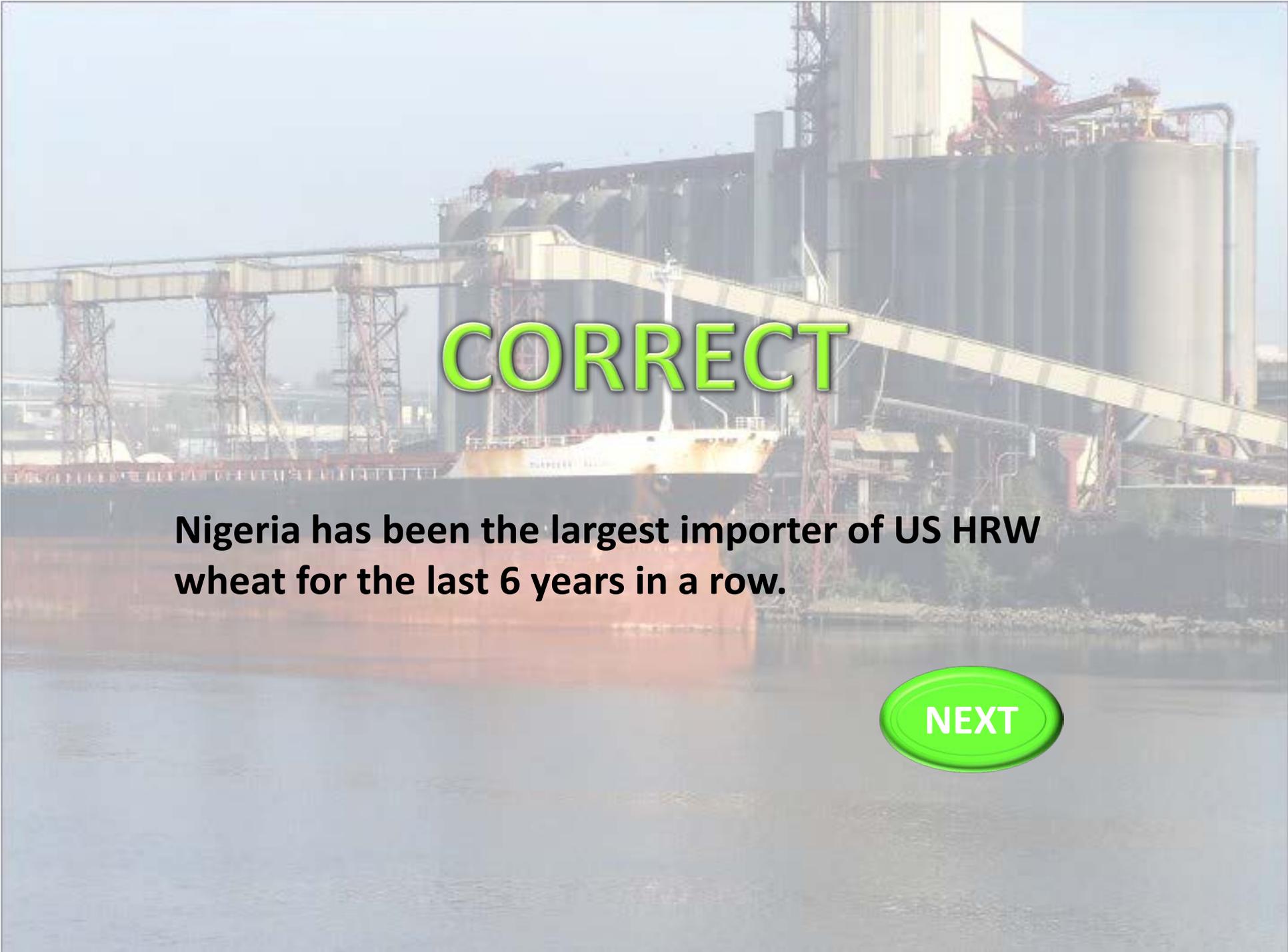
D. Russia

A photograph of an industrial facility, possibly a refinery or chemical plant, situated along a body of water. In the foreground, a large, rust-colored barge is docked. The background features several tall, cylindrical storage tanks and a complex network of pipes and structural steel. The sky is clear and blue.

INCORRECT

Please try again

NEXT



CORRECT

Nigeria has been the largest importer of US HRW wheat for the last 6 years in a row.

NEXT

How many classes of wheat are there?

A. 2

B. 4

C. 6

D. 8

INCORRECT

Please try again

NEXT

CORRECT

There are 6 classes of wheat: Hard Red Winter, Hard Red Spring, Soft Red Winter, Durum, Hard White and Soft White. Nebraska raises Hard Red Winter and Hard White.

NEXT

CONGRATULATIONS!

You completed the *Multiple Choice Wheat* quiz.

Return to Home



Take *Wheat: Fact or Fiction* Quiz

