

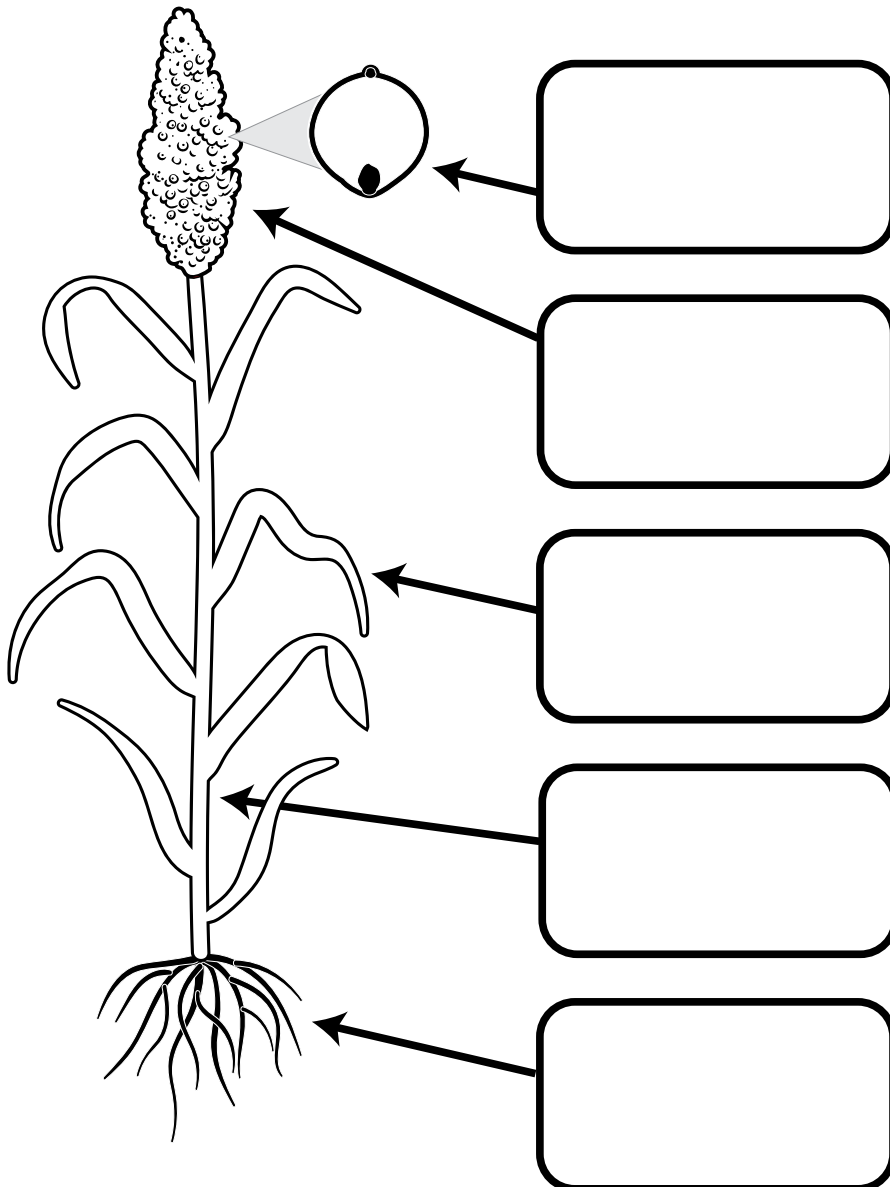


# Learning About **SORGHUM**

Name \_\_\_\_\_ Date \_\_\_\_\_

## 1. The growth of a sorghum plant

Use the Super Star Sorghum! poster to label the parts of the sorghum plant.



### **FUN FACT:**

At maturity, the panicle contains between 750 and 1,250 sorghum grains/seeds!

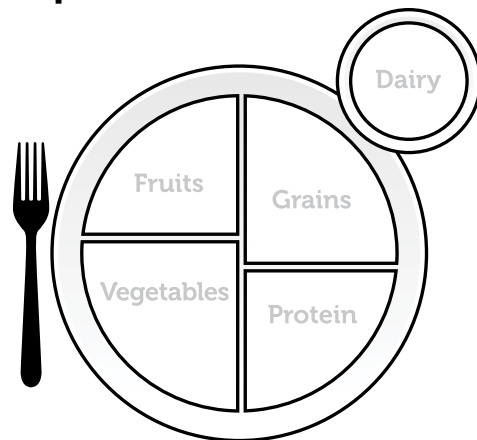
**SORGHUM**  
Nature's Super Grain



Use the word bank and the Super Star Sorghum! poster to help you with the remaining sections and puzzle.

## 2. Sorghum Nutrition

- a) Where does sorghum belong on the MyPlate food guide?
- b) **TRUE** or **FALSE** - Whole grain sorghum and whole grain sorghum flour contribute many nutrients that are important for good health.
- c) Use the Super Star Sorghum Poster to list at least three important nutrients that sorghum provides?



- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### WORD BANK:

Archaeology  
Environment  
Gluten-free  
Habitat  
Nutrition  
Sorghum  
Water  
Whole grain

- d) Sorghum is \_\_\_\_\_-free, which means it is a safe food for people with celiac disease.
- e) Sorghum can be enjoyed many ways, including in cooked dishes, breakfast bowls, and even popped as a snack! Can you plan a meal or snack menu that includes sorghum? Try to include as many MyPlate groups as you can in your menu.

**Write or draw your suggested menu inside the box for breakfast, lunch, dinner or snack.**

# Use the word bank and the Super Star Sorghum! poster to help you with the remaining sections and puzzle.

f) Set a goal for how you will try sorghum, either at home or at school:

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## 3. Sorghum and the Environment

- a) Sorghum is considered drought tolerant, which means it uses less \_\_\_\_\_ than other crops.
- b) **TRUE** or **FALSE**: Sorghum helps to improve the soil, adding back nutrients that are important for growing plants.
- c) Sorghum provides a \_\_\_\_\_ for deer, quail, pheasants and many other birds. The leaves and stalks left after harvest also provide protection from heat and cold.

**WORD BANK:**  
Archaeology  
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# 4. Scrambled Sorghum

1. Unscramble each word from the word bank.
2. Use the marked letters to solve the second puzzle.
3. BONUS: On a separate sheet of paper, use at least five words from the word bank to write a paragraph or story that shows what you have learned about sorghum.

**AOECYORAHLG**

46		10							16	

**HORUMSG**

1	19	23	22	15	6	7

**TEMNEVNIORN**

	41		8			37				47

**AATTBH**

5	9		25	29	12	38

**RWETA**

17	24	43	21	3

**OIRNNTUIT**

	45		30	14	42	33		

**NGUFLEREET**

4	13	40	27	44	26	32	39	11	

**NOEWIRGLAH**

34	18	2	20	48	31	28	36	35	

1	2	3	4	5	6	7

8	1

9

10	11	12	13	14	15	16	

17	18	19	20	21

22	23	24	25	26

27	15	28	29

30	1

31	32	33	34	35

36	37

38	15	39

					<b>D</b>
40	41	42	43	44	

1	45	46	47	48	1

**WORD BANK:**  
 Archaeology  
 Environment  
 Gluten-free  
 Habitat  
 Nutrition  
 Sorghum  
 Water  
 Whole grain

