Use the shapes on all three pages of Visual Aid 4-V-2 to demonstrate how refining grains removes bran and germ leaving only the middle section of the grain.

Print 1 of each page of 4-V-2 on 11 x 17 inch paper; cut the shapes apart, laminate them, and consider adding Velcro™ so you can easily put the parts together and take them apart again.

When you assemble all three parts, they should look like this diagram, with the bran on the outside, covering the others like a shell. Or sandwich the germ and endosperm between two copies of the bran.
Choose Healthy Food, Fun, and Fitness

Whole Grain Parts, Page 2

Endosperm (Starch)