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HELLO CHILDREN!

Where does starch come from?



Starch is produced by plants and is found in the form of tiny grains. With the help of sunshine and chlorophyll, plants combine water from the soil and carbon dioxide from the air and turn them into sugar.

The sugar is changed by the plants into starch, which is stored away as small granules in large quantities in their stems, roots, leaves, fruits and seeds. The potato, for example, contains large amounts of starch. Such cereals as corn, rice and wheat also contain large quantities. The reason plants store all this starch is so that it can serve as food for the development of seedlings or new shoots until they can manufacture their own food materials.

For both humans and animals, starch is consumed as a source of energy. Like sugar, it is made up of carbon, hydrogen and oxygen.



FACT FILE

Wheat kernels are rich in nutrients, including protein, starch, vitamins and essential minerals. Wheat is the chief ingredient in brown bread, many forms of pasta and breakfast cereals.

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