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wheat is usually used to make flour? the flour is then used to make bread, cookies cakes pasta and noodles. there are many different types of flour made from wheat.

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some people will tell you that they have an allergy to wheat. this means that they are allergic to the protein in wheat which is called gluten? These people will often eat rice instead. rice does not have any gluten.

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products made with whole wheat flour are better for you than products made with white flour when the bran and the germ are removed from the wheat it is not as nutritious to eat too get white bread the bran and the germ are removed from the wheat.