

GRAINS

Meaning: Grains are the small, hard seeds of cereal plants, such as wheat, rice, and corn, often cultivated for food and other uses.

1. Gains are made in the field of nutrition by incorporating more whole grains into our diets.
2. Farmers are concerned about the impact of climate change on their grain yields this year.
3. The bakery specializes in artisanal bread made from ancient grains like spelt and einkorn.
4. For a balanced breakfast, consider a bowl of oatmeal topped with fresh fruits and nuts, both rich in grains.
5. Many health experts recommend consuming a variety of grains to ensure a diverse intake of nutrients.

Source: sentences.whatistheurl.com

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