Different Foods

WHEAT - is a great source of carbohydrates. Hundreds of thousands of years ago people wouldn’t farm their own wheat they would just pick it from where ever it gross wildly. 10, 000 BC it started getting crowded in China so they started planting plants like pine trees and wheat because it filed the people up. Wheat is so popular in china because it has been around from 70,000 BC and was and still is very popular. Back then it was not grow like it is today it was picked wild. It also tastes good and is a good source of carbohydrates. Ever since people left Africa to come to West Asia, about 70,000 BC people have probably only eaten wheat. For hundreds of thousands of years people didn’t grow wheat, they just picked wheat wild, wherever it happened to grow. People got to eat a lot of wheat and not as much of other kinds of food as they used to. They were taught many different ways of cooking wheat. One way is that they put it in a skin or a pot with water and boiled it into porridge In the 1500s BC people started growing wheat in China. In China women did not make wheat into bread Instead they made noodles using wheat.