Cereals are a very important form of food for us. They are the staple food in our diet. The major cereals are rice, wheat, millet, oat, barley, maize, and corn. All these cereals are produced in farms.

We consume cereals in different ways. We have them for breakfast in the form of cornflakes, bread, and cakes. During lunch and dinner, we have cereals in the form of rice, wheat, and whole grains. We also eat cereals in the form of popcorn.

Cereals have a great nutritional value. They contain vitamins, minerals, and fibers which give us the energy to work. They form a healthy part of our diet. We should have them every day. Having cereals every day would keep us away from many illnesses.