

**Wheat**

*Triticum sp.*

First cultivated in the ancient middle east, now grown worldwide.



By Bluemoose



Whole-wheat bread

By sierravalleygir



Chapattis

By Kalyan

**Corn/maize**

*Zea mays*

First cultivated in ancient mesoAmerica



By Jonathunder



Corn tortillas

by sean dreilinger

**Rye**

*Secale cereale*

Domesticated in neolithic Turkey; now grown widely in Central and Eastern Europe.



By LSDSL



Rye bread

By amesmorton

**Rice**

*Oryza sativa*

First domesticated in the region of the Yangtze River valley in China.

The most important staple food for a large part of the world; especially in East and South Asia, the Middle East, Latin America, and the West Indies.



Cooked rice

By asiansupper