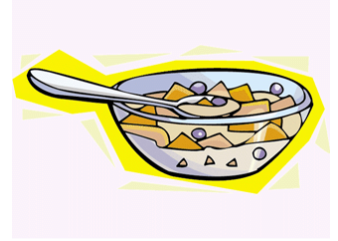


# Key Details



**DIRECTIONS:** Read the passage and then respond to the questions.

Have you ever wondered where your breakfast cereal came from? A few hundred years ago, breakfast cereals were mostly hot – oatmeal, cream of wheat, grits, porridge. The ready to eat grain-based food that you think of as cereal is a relatively new invention. The first cereal was supposed to be a cure for constipation, which was common among Americans of that time period since they ate mostly meats and eggs and very little fiber. It was called Granula (from the word “granules”) and was created by James Caleb Jackson, a vegetarian, in 1863. Though it was very high in fiber, people didn’t like it too much because it wasn’t convenient – the bran nuggets were so hard and heavy that they needed to be soaked overnight before they could be eaten.

Cereal started to catch on a few decades later after John Harvey Kellogg, a Seventh Day Adventist who ran the Battle Creek Sanatorium (which was like a kind of health retreat) invented a created made of ground wheat, oat and cornmeal biscuit as a cure for his patients who were suffering from bowel problems. It was called Granola. But that’s not why the Kellogg name can be seen on cereal boxes on breakfast tables across America – he’s best known for creating the wheat flake by soaking a batch of wheat overnight and then rolling it out. His brother, Will Kellogg, created a corn flake by a similar method. Will bought out his brother’s share of the business they owned together and founded the Kellogg Company in 1906. Will Kellogg was a shrewd businessman with a keen understanding of advertising principles, and after three years he had already sold a million cases of his corn flakes. A patient from the Battle Creek Sanatorium named Charles William Post wanted to get in on the action too, and eventually created Grape Nuts. He, like Kellogg, became a leader in the cereal business. Between them, these three men changed the landscape of the American breakfast table forever.

1. What is the **main idea** of the passage?
  - A. cereal doesn’t make you constipated
  - B. cereal has an interesting history
  - C. the evolution of the breakfast cereal
2. How were breakfast cereals a few hundred years ago different from cereals of today?
  - A. they were more expensive
  - B. they were hot
  - C. they were vegetarian
3. Why didn’t people like the first breakfast cereal that was invented?
  - A. it wasn’t convenient
  - B. it was hard and heavy
  - C. it wasn’t sweet
4. What did John Harvey Kellogg invent that revolutionized breakfast cereals?
  - A. the nugget
  - B. the puff
  - C. the flake