

Grain Quiz

Directions: To review your knowledge of grains, use the clues to fill in the shaded parts of the puzzle below. Then follow the directions in *Grain Analysis*.

1.							G							
2.							R							
3.							E							
4.							A							
5.							T							
6.							G							
7.							R							
8.							A							
9.							I							
10.							N							
11.							S							

- The ? of the grain kernel is the seed that grows into another plant.
- Refined grains must be ?, or have nutrients added back after processing.
- Whole grains are excellent sources of ?.
- Pasta should be cooked until it is ?, or tender but firm.
- Grains do not contain any ?.
- Leavening ? cause quick breads to rise.
- A grain ? is made up of three parts.
- One type of grain is ?.
- When grains are processed, or ?, they lose some of their fiber, vitamins, and minerals.
- The ? is the kernel's edible outer covering.
- The ?, the largest part of the kernel, is made of starch and protein.

Grain Analysis

On separate paper, list the grains you typically eat in a week's time. Then note which ones are ready-to-eat and which ones have to be prepared. Write down ways you could add more whole-grain foods to your diet.

Grains, Fruits, and Vegetables

Directions: Circle the letters of all the answers that correctly complete each statement.

1. When storing grains, ?.	
A. Keep them in a cool, dry location.	D. Seal containers tightly.
B. Refrigerate or freeze bread in hot, humid weather.	E. Keep only in the original container.
C. Discard if insects invade.	F. Use within a month after the freshness date.
2. When cooking pasta, ?.	
A. Rinse the pasta when it's done.	D. Use a large pot, as it doubles in volume.
B. It is done when soft and mushy.	E. Use 4 quarts of water for 1 pound of pasta.
C. Drain in a colander.	F. Follow the package directions.
3. When choosing fresh fruits and vegetables, ?.	
A. Vary the kinds you eat.	D. Limit your fruit juice intake.
B. Eat mostly starchy vegetables.	E. Pick citrus fruits for more vitamin C.
C. Opt for deep yellow, orange, or dark green vegetables.	F. Remember that everyone needs the same amount daily.
4. When handling fresh produce, ?.	
A. Peel off waxy coatings.	D. Use a brush to clean firm vegetables.
B. Cut just before serving.	E. Wash thoroughly under cold running water.
C. Soak vegetables in water to avoid contamination.	F. Squeeze lemon juice on some cut fruits to prevent browning.
5. When cooking fruits and vegetables, ?.	
A. Cook until tender yet firm.	D. Warm canned vegetables rather than cook them.
B. Use as little water as possible.	E. Thaw frozen vegetables before cooking.
C. First remove skins.	F. Microwave in a little water or steam to save nutrients.
6. When buying canned fruits and vegetables, ?.	
A. Choose only those without preservatives.	D. Do not buy dented or bulging cans.
B. Look for the seasonings or spices you want.	E. Get whatever is on sale.
C. Choose the type your recipe calls for.	F. Choose juices that are at least 80 percent real fruit juice.

Salad Creations

Directions: Salads can be nutritious and satisfying—and creative. Use the salad ingredients listed below to create two main dish salads and two side salads. Each salad should contain at least five ingredients, and you do not have to use all ingredients. Be creative!

Apple slices	Chickpeas	Green pepper	Orange sections	Sunflower seeds
Black beans	Chow mein noodles	Ground beef	Peas	Tofu
Blue cheese	Cottage cheese	Lettuce	Raisins	Tomatoes
Broccoli	Croutons	Macaroni	Romaine lettuce	Vinaigrette
Carrots	Cucumbers	Mayonnaise	Southwestern seasonings	Walnuts
Cheddar cheese	Dried cranberries	Mushrooms	Spinach	Watermelon
Chicken	Grapes	Onion	Strawberries	Yogurt

Main dish salad #1:

Main dish salad #2:

Side salad #1:

Side salad #2:
