Directions: Read chapter 30, and answer the following questions. Later, you can use this study guide to review.

1. List at least three benefits of grains.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

2. Which part of the grain kernel will grow into a new plant?

_____________________________________________________________________________________

3. List and describe the nutrients in whole grains.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

4. List five uses for grains.

_____________________________________________________________________________________
_____________________________________________________________________________________

5. Why are processed grains less nutritious than whole-grain products?

_____________________________________________________________________________________
_____________________________________________________________________________________

6. Describe three types of rice.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

7. List four varieties of rice based on processing methods.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

(Continued on next page)
Chapter 30 Study Guide (continued)

8. Name three grains used in breakfast cereals.

9. How can you tell if bread is made from the whole grain?

10. List the grain products that should be refrigerated. Why should these products be kept refrigerated?

11. Why should bread be stored in the refrigerator in humid weather even if it may get stale?

12. Why is cooking grains in the microwave not preferable?

13. List the steps to cook pasta.

14. How does pasta freeze best?

15. List the steps to cook rice.

16. What happens when you stir rice and over-stir other grains while cooking?

17. How does cooking bulgar differ from cooking other grains?
Grains of Truth

Directions: Read carefully each statement about grains and grain products. Place a check mark in the blank for each true statement. For each false statement, write a corrected statement on the line provided. You should have to replace only one word in each false statement to make it true.

1. Grains are the most important staple in the world food supply.

2. Grains are the stems of plants in the grass family.

3. The germ is a tiny seed that will grow into a new plant.

4. The outer, edible protective coat found on a seed of grain is the endosperm.

5. The bran is the food supply for the plant.

6. Complex carbohydrates are found in the germ of grains.

7. During processing of grain, the outer husk is removed to leave the kernel, or grain seed.

8. The entire kernel is used in enriched grain products.

9. Grain products are often fortified with iron.

10. Long-grain rice tends to be very moist and sticky when cooked.

11. The whole-grain form of rice is brown rice.

12. Couscous is a popular grain in Asia.
13. Wild rice is the seed of a water grass.

14. The coarsely ground endosperm of corn is called bulgar.

15. Triticale is a cross between wheat and rye.

16. Ground bran cereals are high in fiber content.

17. Wheat germ is added to other foods for more nutritional value.

18. Pasta is dough made from flour and water.

19. Pita bread is a type of leavened bread.

20. Cooked grains should be placed in the refrigerator for long-term storage.
Cooking with Chris

Directions: Imagine that you are the host of a 30-minute weekly television show called Cooking with Chris. After you did an episode in the series titled “Great Grains,” you received the following letters from viewers. Write a reply to each letter in the space provided.

1. Dear Chris,
   No matter how much I stir, my rice always turns out sticky. What can I do?

   Ben

   Dear Sticky,

   ________________________________________________________________
   ________________________________________________________________

2. Dear Chris,
   I decided to serve bulgur for a change of pace. I did exactly what I do when I cook rice, but the grain came out like mush. Any thoughts?

   Marcus

   Dear Mushy,

   ________________________________________________________________
   ________________________________________________________________

3. Dear Chris,
   I have a problem when I fix spaghetti. I rinse the cooked pasta under running water the way you’re supposed to, but it always gets cold. Is there a better way?

   Krystin

   Dear Noodles,

   ________________________________________________________________
   ________________________________________________________________

4. Dear Chris,
   I want to eat more whole grains and get confused by all the different types of bread.

   Tanya

   Dear Grainy,

   ________________________________________________________________
   ________________________________________________________________
Cooking Up a Grain

**Directions:** Using a cookbook, look up recipes for the following grains or grain products: barley, buckwheat, couscous, quinoa, bulgur. Write the name of the recipe and a brief description of the recipe, including some of the other ingredients.

1. Barley: ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________

2. Buckwheat: __________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________

3. Couscous: ___________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________

4. Quinoa: _____________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________

5. Bulgur: ______________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________