

# Study Guide

## Grain Products

**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.

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

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3. List and describe the nutrients in whole grains.

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4. List five uses for grains.

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

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6. Describe three types of rice.

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

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Chapter 30 Study Guide (continued)

8. Name three grains used in breakfast cereals.

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

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

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

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

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13. List the steps to cook pasta.

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14. How does pasta freeze best?

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15. List the steps to cook rice.

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

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17. How does cooking bulgar differ from cooking other grains?

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**Activity 1****Grain Products**

## 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.  
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- \_\_\_\_\_ 2. Grains are the stems of plants in the grass family.  
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- \_\_\_\_\_ 3. The germ is a tiny seed that will grow into a new plant.  
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- \_\_\_\_\_ 4. The outer, edible protective coat found on a seed of grain is the endosperm.  
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- \_\_\_\_\_ 5. The bran is the food supply for the plant.  
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- \_\_\_\_\_ 6. Complex carbohydrates are found in the germ of grains.  
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- \_\_\_\_\_ 7. During processing of grain, the outer husk is removed to leave the kernel, or grain seed.  
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- \_\_\_\_\_ 8. The entire kernel is used in enriched grain products.  
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- \_\_\_\_\_ 9. Grain products are often fortified with iron.  
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- \_\_\_\_\_ 10. Long-grain rice tends to be very moist and sticky when cooked.  
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- \_\_\_\_\_ 11. The whole-grain form of rice is brown rice.  
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- \_\_\_\_\_ 12. Couscous is a popular grain in Asia.  
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Chapter 30 Activity 1 (continued)

\_\_\_\_\_ 13. Wild rice is the seed of a water grass.  
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\_\_\_\_\_ 14. The coarsely ground endosperm of corn is called bulgar.  
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\_\_\_\_\_ 15. Triticale is a cross between wheat and rye.  
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\_\_\_\_\_ 16. Ground bran cereals are high in fiber content.  
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\_\_\_\_\_ 17. Wheat germ is added to other foods for more nutritional value.  
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\_\_\_\_\_ 18. Pasta is dough made from flour and water.  
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\_\_\_\_\_ 19. Pita bread is a type of leavened bread.  
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\_\_\_\_\_ 20. Cooked grains should be placed in the refrigerator for long-term storage.  
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**Activity 2****Grain Products**

## 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,

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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,

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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,

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4. Dear Chris,

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

Tanya

Dear Grainy,

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# Activity 3

## Grain Products

### 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: \_\_\_\_\_  
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\_\_\_\_\_
2. Buckwheat: \_\_\_\_\_  
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\_\_\_\_\_  
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3. Couscous: \_\_\_\_\_  
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4. Quinoa: \_\_\_\_\_  
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5. Bulgur: \_\_\_\_\_  
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