

Activity 1

Grain Products

Facts About Grains

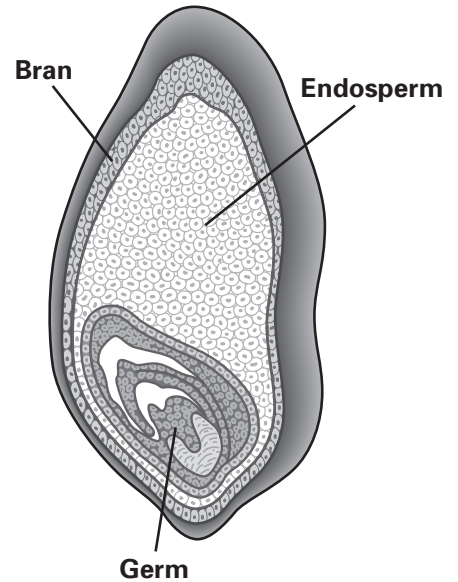
Purpose: To review facts about grains and how they are processed and used.

Part I. Directions: Using the text information, write the word or words that correctly complete each statement in the space provided to the left of each number.

1. ___?___, the food supply for a new plant, is made up of ___?___ and ___?___.

2. The ___?___ is the edible, outer layer of a(n) ___?___. It is rich in dietary ___?___, ___?___ vitamins, and some ___?___.

3. The ___?___ is a tiny ___?___ that will grow into a new plant. It provides ___?___, ___?___ fats, ___?___ vitamins, vitamin ___?___, minerals such as ___?___ and ___?___, and ___?___.



Part II. Directions: Using the text information, write your responses to the following items in the space provided.

1. What part(s) of the grain are used to make products such as brown rice and whole-wheat bread?

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2. Describe what processing occurs when producing white flour and grain for many breakfast cereals.

3. If you were making a rice dish to eat with chopsticks, what type of rice would you buy? Why?

4. What is pasta? Describe the difference between macaroni and noodles.

5. If you were to choose a grain other than wheat, corn, or oats for a side dish, which would you choose and why?

Activity 2

Grain Products

Cooking Pasta and Rice

Purpose: To review the procedures used for cooking pasta and rice.

Directions: Using the text information, write the word or words that best complete each statement in the space provided to the left of each number.

Cooking Pasta

- _____ 1. Use about ___?___ quart(s) of water for every 4 ounces of dry pasta. Bring the water to a boil.
- _____ 2. Add the pasta slowly to the water so it continues to ___?___.
- _____ 3. Do not add ___?___ to the pot. This keeps sauce from clinging to cooked pasta.
- _____ 4. Cook pasta to the ___?___ ___?___ state. Pasta should remain firm to the bite.
- _____ 5. Drain pasta in a(n) ___?___ or ___?___.
- _____ 6. To avoid nutrient loss, never ___?___ cooked pasta.
- _____ 7. To keep pasta warm, set the ___?___ or ___?___ over a pan of hot water and cover.

Cooking Rice

- _____ 8. Use about ___?___ cup(s) of water for every cup of dry white rice. Bring the liquid to a boil.
- _____ 9. Add the rice and ___?___ the pan. Bring the liquid to a boil again.
- _____ 10. Reduce the heat so the rice ___?___ gently.
- _____ 11. To keep rice from becoming sticky, keep covered and ___?___ as little as possible.
- _____ 12. Check rice for doneness near the end of cooking time. The rice should be ___?___ and ___?___, but ___?___ with no liquid left in the pot.
- _____ 13. If some liquid remains in the pot, continue cooking ___?___ until excess liquid is absorbed or evaporates.

Activity 3**Grain Products****Name That Grain**

Purpose: To identify a variety of grain products.

Directions: Match each description in the left column with the correct term in the right column. Write your answer in the space provided to the left of each description.

Descriptions

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| _____ 1. A cross between wheat and rye. | A. Wild rice |
| _____ 2. A substitute for wheat flour in baking tolerated by people with wheat allergies. | B. Instant rice |
| _____ 3. With a sweet, nutty flavor, this grain was a staple crop of the ancient Aztecs. | C. Amaranth |
| _____ 4. A small, ivory-colored, rice-like grain. | D. Whole-grain |
| _____ 5. A grain usually eaten as hot breakfast cereal. | E. Bran |
| _____ 6. A small, yellow grain with a mild flavor. | F. Corn |
| _____ 7. A tiny grain with a mild, nutty flavor that is native to North Africa. | G. Oats |
| _____ 8. When coarsely ground, this grain becomes grits. | H. Rye |
| _____ 9. The pearl form is the most common form sold in supermarkets. | I. Quinoa |
| _____ 10. The edible, outer layer of the kernel of grain. | J. Barley |
| _____ 11. Products made from the entire kernel of grain. | K. Kasha |
| _____ 12. Wheat kernels that have been steamed, dried, and crushed. | L. Millet |
| _____ 13. A seed of a water grass with a crisp texture and nutlike flavor. It is high in dietary fiber. | M. Couscous |
| _____ 14. A dark grain with a hearty flavor. Used in breads. | N. Buckwheat |
| _____ 15. Roasted buckwheat that is hulled and crushed. | O. Spelt |
| _____ 16. A staple of North African cuisines, this grain has a flavor similar to pasta. | P. Teff |
| _____ 17. A grain with a nutlike, earthy flavor that is ground into flour or crushed and used as breakfast cereal. | Q. Triticale |
| _____ 18. Rice that is precooked and dehydrated before packaging. | R. Bulgur |