**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Grain Products Chapter 29. P222 Answers***

**1. How is pasta made? What is usually found in pasta? /2**
Most pasta is simply a combination of enriched or whole wheat flour and water.
Noodles also contain eggs for added tenderness.

**2. Name 6 different types of pasta shapes. /6**
macaroni, elbow, lasagna, egg noodles, penne, shells, rotini, manicotti, sphaghetti, rigatoni..

**3. What should you look for when choosing a healthy type of pasta? /2**
For more fiber, look for whole grains or bran.
Choose products that are low in fat, sugar and sodium.

**4. What’s the best way to preserve fresh bread? /2**
Keep it in a cool place or in the fridge if the kitchen is hot and humid.

**5. How can you keep bread for a long period of time? /2**
Put in in the freezer.

**6. Why should you refrigerate whole grains? /2**
Whole grains contain oils that can spoil at room temperature.

**7. How are grain products cooked? Give an example. /2**
Rice, pasta and oatmeal are cooked in water. As they cook, they absorb water and swell to double or triple their size.
Example: One cup of raw rice becomes 3 cups of cooked rice.

**8. Can you cook all grain products in the same way? Explain /2**
No, grain products require different cooking times and methods.
To cook pasta, you bring water to a boil and then add you pasta. Pasta will be ready when soft or el dente depending on your preference.
To cook 1 cup of long grain rice, you add 2 cups of water and/or follow the instructions on the package.

**9. How can you tell when the grains are over cooked? /2**The grains become soft and sticky.

**10. Why should you stir rice as little as possible? /2**
Rice becomes sticky if you stir it a lot during the cooking process.

**11. Can grain products give you all the protein you need? Explain. /2**
No, they don’t provide all the amino acids you need to make complete protein. The missing can be obtained from cooked beans and peas as well as foods from animal resources.

**12. Name 6 types of grains. (answers may vary) /6**
Wheat, barley, rice, millet, corn, spelt.etc

**13. What are the 3 parts of a grain kernel? Explain the nutrients found in each part. /6**
Bran: outer covering of the kernel which contains fiber and B vitamins.
Endosperm: The largest part inside the kernel which is mostly made of carbohydrates and protein.
Germ: The sprouting section from which a new plant can grow. It contains minerals, B vitamins and fat.

**14. How are grain products made? /2**
Whole grain are made using all 3 parts of the kernel. Others are made from only the endosperm. For example all purpose white flour is the ground endosperm of wheat. Others only contain the bran.

**15. Which is healthier, whole grain or all-purpose white flour? Explain. /2**
Whole grain products are healthier because they are made using all the 3 part of the kernel and contain most of the grain’s original nutrients. Whereas other grain products are made from only the endosperm like all purpose flour.

**16. Which 3 types of rice are available? /3**
Long-grain, medium-grain and short grain.