

FIBER TEST

Name _____ Period ____ Assign #

1. Define fiber?
2. List the two ways in which fiber aids in digestion.
 - a.
 - b.
3. The average American gets plenty of fiber in the diet.
 - a. True
 - b. False
4. Name 3 examples of food which are high in fiber.
 - a.
 - b.
 - c.
5. Foods from animals, such as milk and cheese are a rich source of fiber.
 - a. True
 - b. False
6. Illustrate a wheat kernel and label the 3 main parts.
7. From which section of a grain kernel is whole wheat flour made?
8. From which section of a grain kernel is regular white bread made?
9. Another name for fiber is _____.
10. Name two ways to add fiber to your diet.
 - a.
 - b.