Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CARBOHYDRATES, FIBER, RICE AND PASTA, QUICKBREADS, AND GRAINS

1. One gram of carbohydrates provides \_\_\_\_\_\_\_calories of energy.
2. What percentage of our daily food intake should come from carbs? \_\_\_\_\_\_\_\_\_\_\_
3. The 3 types of carbohydrates are

|  |  |  |
| --- | --- | --- |
| **Name:** | **Also known as:** | **Example:** |
|  | Sugars | Fruit juice |
|  | Roughage/Cellulose | Bran |
|  | Starches | Brown rice |

1. Carbohydrates primary function is to provide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. All carbs turn into this kind of sugar: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Do most carbohydrates come from plant sources or animal sources? CIRCLE THE CORRECT ANSWER: PLANT ANIMAL
4. What is the purpose of fiber? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Does fiber digest easily in the body? \_\_\_\_\_\_\_\_\_\_\_\_\_
5. Diets that are low in fiber have a higher risk of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hemorrhoids , and rectal or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. To reduce the risk of cancer, you should have \_\_\_\_\_\_-\_\_\_\_\_\_\_ grams of fiber daily.
7. NAME A FOOD FROM THE FOLLOWING MYPLATE FOOD GROUPS THAT PROVIDE FIBER:

|  |  |
| --- | --- |
| **Food Group:** | **Example:** |
| Fruits |  |
| Vegetables |  |
| Grains |  |
| Protein |  |

GRAINS

LABEL THE 3 PARTS of the GRAIN KERNEL:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which part of the grain kernel contains the most fiber? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Is whole wheat flour or white flour better for our body? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. Why?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

QUICKBREADS

1. What makes a quickbread different than other breads? It does not use \_\_\_\_\_\_\_\_\_\_\_\_ to rise.
2. What are 3 examples of quickbreads? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What happens if a muffin is overmixed? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. What happens if a muffin is under mixed? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. List 2 different leavening agents in quick breads:
   1. b.
6. What do each of the ingredients below do for the final quick bread product?

Fat: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Liquid: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Eggs: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sugar: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Flour: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Salt: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Leavening Agent: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RICE VS PASTA

1. **Choose rice or pasta**:

Cooked with the lid on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cooked in boiling water: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Triples when cooked: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cooked in simmering water: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stirred while cooking: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cooked with the lid off: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Doubles when cooked: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Becomes sticky when stirred: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Whole grain form of rice is called: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Name \_\_\_\_\_\_KEY\_\_\_\_\_\_\_\_\_\_\_\_\_

CARBOHYDRATES, FIBER, RICE AND PASTA, QUICKBREADS, AND GRAINS

1. One gram of carbohydrates provides \_\_\_\_4\_\_\_calories of energy.
2. What percentage of our daily food intake should come from carbs? \_\_\_\_\_\_60%\_\_\_\_\_
3. The 3 types of carbohydrates are

|  |  |  |
| --- | --- | --- |
| **Name:** | **Also known as:** | **Example:** |
| ***SIMPLE*** | Sugars | Fruit juice |
| ***FIBER*** | Roughage/Cellulose | Bran |
| ***COMPLEX*** | Starches | Pasta |

1. Carbohydrates primary function is to provide \_\_\_\_\_\_energy\_\_\_\_\_\_\_\_\_\_.
2. All carbs turn into this kind of sugar: \_\_\_glucose\_\_\_\_\_\_\_\_\_\_\_\_.
3. Do most carbohydrates come from plant sources or animal sources? CIRCLE THE CORRECT ANSWER: PLANT ANIMAL
4. What is the purpose of fiber? \_to help remove waste from the body
   1. Does fiber digest easily in the body? It does not digest at all
5. Diets that are low in fiber have a higher risk of diverticulitis, hemorrhoids , and rectal or colon cancer
6. To reduce the risk of cancer, you should have 20\_-\_35\_ grams of fiber daily.
7. NAME A FOOD FROM THE FOLLOWING MYPLATE FOOD GROUPS THAT PROVIDE FIBER:

|  |  |
| --- | --- |
| **Food Group:** | **Example:** |
| Fruits | Avocado, apples, oranges, bananas, etc… |
| Vegetables | Broccoli, kale, potato, string beans, etc.. |
| Grains | Brown rice, pasta, wheat flour, quinoa, etc. |
| Protein | Beans, nuts, peas |

GRAINS

LABEL THE 3 PARTS of the GRAIN KERNEL:

* Bran
* Endosperm
* Germ

1. Which part of the grain kernel contains the most fiber? bran
2. Is whole wheat flour or white flour better for our body? Whole Wheat
   1. Why?It has not been refined, so it has all 3 parts of the kernel (especially the fiber)

QUICKBREADS

1. What makes a quickbread different than other breads? It does not use yeast to rise.
2. What are 3 examples of quickbreads? Banana bread, muffins, biscuits, scones, pancakes, waffles, zucchini bread, donuts (some kinds)
3. What happens if a muffin is overmixed? It will become tough, have tunnels, and a peak top
4. What happens if a muffin is under mixed? It will be low in volume, crumbly, flat top
5. List 2 different leavening agents:
   1. Baking Soda b. Baking Powder
6. What do each of the ingredients below do for the final quick bread product?

Fat: Make it tender, add flavor

Liquid: Moisten and dissolve the dry ingredients

Eggs: Add color, browning and leavening

Sugar: Add flavor and browning

Flour: Provide structure

Salt: Add flavor

Leavening Agent: Makes the product rise

RICE VS PASTA

1. **Choose rice or pasta**:

Cooked with the lid on: Rice

Cooked in boiling water: Pasta

Triples when cooked: Rice

Cooked in simmering water: Rice

Stirred while cooking: Pasta

Cooked with the lid off: Pasta

Doubles when cooked: Pasta

Becomes sticky when stirred: Rice

1. Whole grain form of rice is called: Brown Rice.