

Name _____ Period ____ Assign #

1. Define fiber?

A food that is not absorbed, but helps regulate the body's digestive system

2. List the two ways in which fiber aids in digestion.

a. Attracting water to the small and large intestines

b. Water increases bulk and keeps food soft and moving

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. oat bran, wheat germ, whole wheat flour

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.

bran, endosperm, germ

7. From which section of a grain kernel is whole wheat flour made?

All three sections or the whole grain

8. From which section of a grain kernel is regular white bread made?

Endosperm

9. Another name for fiber is roughage or cellulose.

10. Name two ways to add fiber to your diet.

a. eat more fruits and vegetables and grain products

b. fiber supplements