

Name: _____ Period: _____ Date: _____ Class #: _____

Grains on Parade

Directions: Take part in the discussion: Types and Parts of Grains and Nutrients found in Grains. Fill in this worksheet as you do so.

1. The seven types of cereal grain are:
2. The most widely used cereal grain is:
3. The word cereal comes from the Roman goddess:
4. The three most widely used grains in the U.S. are:
5. The brown outside covering of the grain kernel that contains carbohydrates, minerals, protein, and vitamins is:
6. The inner portion of the kernel is:
7. The tiny living part of the kernel that contains proteins, vitamins, minerals, carbohydrates and fat is:
8. When the product has original nutrients put back in it, it is called:
9. When the whole grain kernel is used the product is referred to as:
10. When extra nutrients have been added above the original amounts, a product is said to be:
11. The special protein found in wheat is called:
12. Is the protein in cereal grains complete or incomplete?
13. The other name for Vitamin B1 in whole grain is:
14. The deficiency disease caused by lack of vitamin B1 is:
15. Vitamin B1 is needed by the body for: (give five reasons)
 - A.
 - B.

C.

D.

E.

16. The two major kinds of carbohydrates are:

17. Three examples of simple carbohydrates are:

18. Three examples of complex carbohydrates are:

19. Starch is used in the body for:

20. Label the diagrams of the different kernels of grains below.

OATS

RICE

CORN

WHEAT

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Grains on Parade

Directions: Take part in the discussion: Types and Parts of Grains and Nutrients found in Grains. Fill in this worksheet as you do so.

1. The seven types of cereal grain are:
wheat, corn, rice, oats, rye, buckwheat, barley
2. The most widely used cereal grain is:
wheat
3. The word cereal comes from the Roman goddess:
Ceres
4. The three most widely used grains in the U.S. are:
wheat, corn, rice
5. The brown outside covering of the grain kernel that contains carbohydrates, minerals, protein, and vitamins is:
bran
6. The inner portion of the kernel is:
endosperm
7. The tiny living part of the kernel that contains proteins, vitamins, minerals, carbohydrates and fat is:
germ
8. When the product has original nutrients put back in it, it is called:
restored
9. When the whole grain kernel is used the product is referred to as:
Whole grain
10. When extra nutrients have been added above the original amounts, a product is said to be:
enriched
11. The special protein found in wheat is called:
gluten
12. Is the protein in cereal grains complete or incomplete?
incomplete
13. The other name for Vitamin B1 in whole grain is:
thiamine
14. The deficiency disease caused by lack of vitamin B1 is:
Beri Beri
15. Vitamin B1 is needed by the body for: (give five reasons)
 - A. GROWTH
 - B. Good Appetite

C. Healthy nerves

D. Good body coordinatation

E. Helping body release energy from Carbohydrates

16. The two major kinds of carbohydrates are:

simple and complex

17. Three examples of simple carbohydrates are:

sugar, brown sugar, honey, jams, jellies, candy

18. Three examples of complex carbohydrates are:

Bran, whole grain breads & cereals, skins of

19. Starch is used in the body for:

body energy

20. Label the diagrams of the different kernels of grains below.

OATS

RICE

CORN

WHEAT

