Culinary 1 · Unit 8 · Level 1

Grains & Pasta



TODAY'S PLAN

- 🌾 Grains
- 🟫 Whole Grains
- 🍝 Pasta
- 🍚 Rice
- ⭐ Great Job

Last Time

Last Time



👉 Roux = butter + **flour**. 🧈

👉 **Whisk** the milk. 🥄

Learn

Grains

🌾 A **grain** is a seed.

🍞 Wheat, 🌽 corn, 🍚 rice, 🥣 oats.



🃏 Check 1 of 3



Which one is a grain?

Point to the picture!

🍎 Apple

🍚 Rice

✅ Answer · Card 1 of 3



Rice

Rice is a grain.

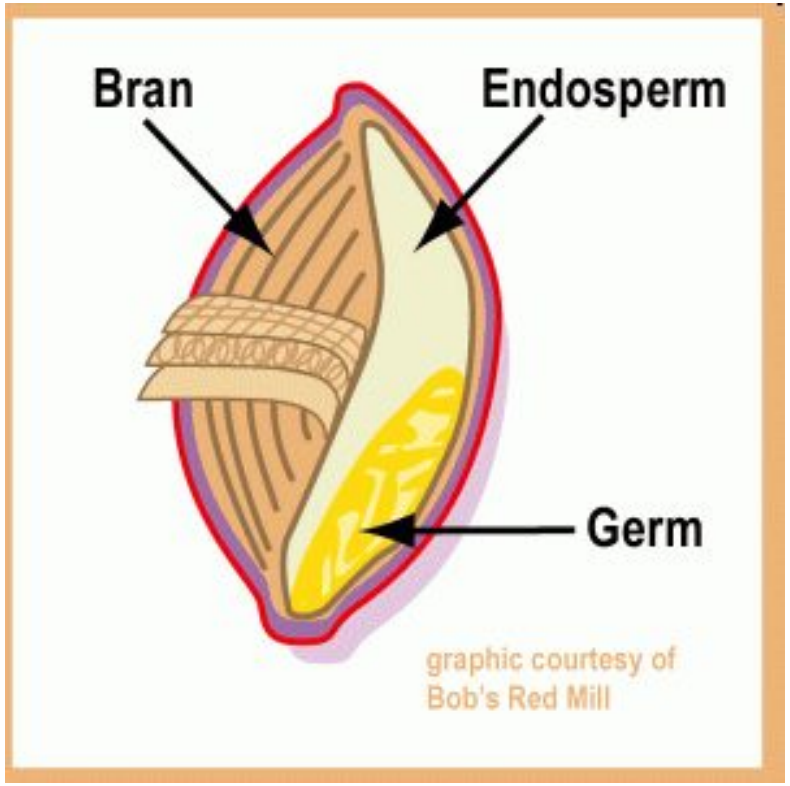
Learn

Parts of a Grain

🟫 **Bran** = outside.

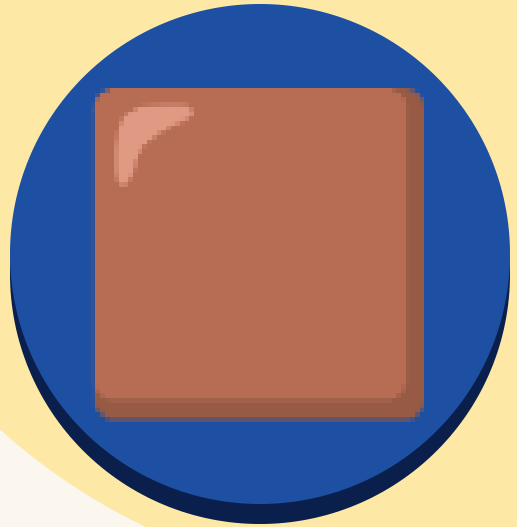
🟡 **Germ** = small inside.

⚪ **Endosperm** = the big part.



Learn

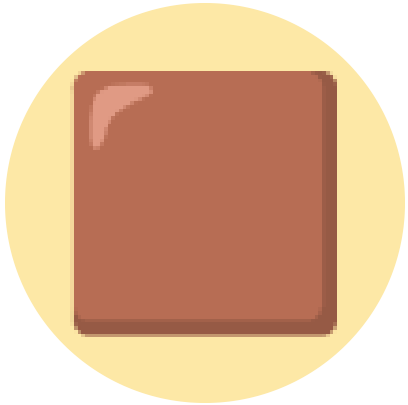
Whole Grains



🟫 **Whole grain** = all the parts.

💪 Good for you! Brown rice, oatmeal.

🃏 Check 2 of 3



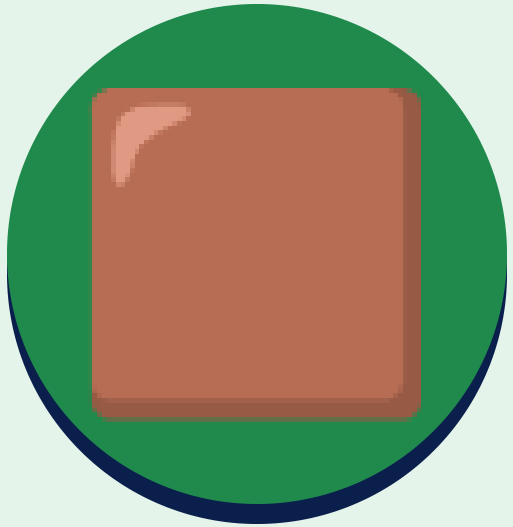
Which one is a whole grain?

Point to the picture!

🟫 Brown rice

⚪ White bread

✅ Answer · Card 2 of 3



Brown rice

Brown rice has all the parts.

Learn

Pasta

🍝 **Pasta** is made from wheat.

⬆️ It gets **bigger** when cooked.



Learn

Cook Pasta

💧 Boil water.

🍝 Add pasta. **Stir**.

😋 **Al dente** = soft, a little firm.



Check 3 of 3



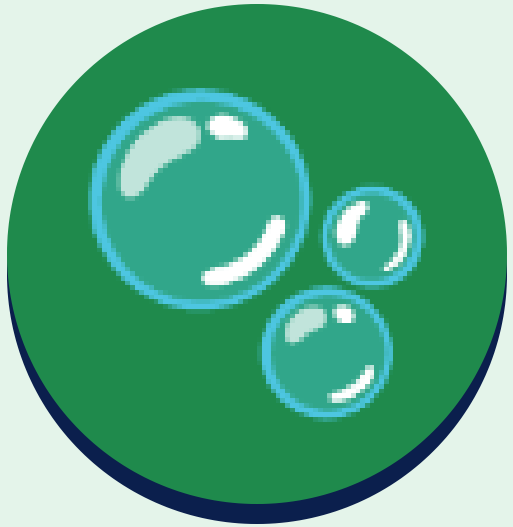
Pasta goes in when the water…

Point to the picture!

Boils

Is cold

✅ Answer · Card 3 of 3



Boils

Wait for the water to boil.

Learn

Rice

🍚 2 cups **water**. 1 cup **rice**.

⬆️ Rice gets **3 times** bigger.



Wrap-Up

Recap



Grain
a seed



Whole grain
all the parts



Pasta
from wheat



Al dente
a little firm

Wrap-Up

Great Job!



🌾 I know grains!

🍝 I can cook pasta!