🌾 Grains, Pasta & Rice Guided Notes · ANSWER KEY

Culinary 1 · Unit 8 Grains & Pasta · Level 2 guided notes. Use with the slides and videos.

Name: _____ Date: _____ Period: _____

Fill in each blank with a word from the word bank in that box. Each word is used one time.

🧰 A. Words to Know

1. A **grain** is the seed of a grass plant.
2. **Milling** is grinding grain into flour.
3. **Enriched** means nutrients are added back.
4. Pasta that is firm to the tooth is **al dente**.

Word bank: **al dente** · **Enriched** · **grain** · **Milling**

🌾 B. Parts of a Grain

5. Draw a line from the part to what it is:

(Key: 🟫 Bran → outside skin, lots of fiber · 🟡 Germ → small inside part, lots of nutrients · ⚪ Endosperm → biggest part, makes white flour)

🟫 Bran	biggest part, makes white flour
🟡 Germ	small inside part, lots of nutrients
⚪ Endosperm	outside skin, lots of fiber

6. A whole grain has all **3** parts.
7. A refined grain has the bran and **germ** removed.
8. Circle the 3 whole grains:

Brown rice · White bread · **Oatmeal** · White rice · **Whole wheat bread**

Word bank: **3** · **germ**

C. Pasta

9. Pasta is made from durum **wheat**.

10. Dry pasta **doubles** when it cooks.

11. Number the pasta steps 1 to 4:

2 Add the pasta and stir

4 Save some pasta water, then drain

1 Boil a big pot of water

3 Cook until al dente

12. Pasta water is called liquid **gold**.

Word bank: **doubles** **gold** **wheat**

D. Rice

13. Use 2 cups **water** for 1 cup rice.

14. **Brown** rice is a whole grain.

Word bank: **Brown** **water**

Level 2 version of the gen ed "Grains PowerPoint Fill-in Notes + How to Cook the Perfect Pasta Worksheet + Grains Vocab."