🌾 Grains, Pasta & Rice Guided Notes

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 _____ is the seed of a grass plant.
2. _____ is grinding grain into flour.
3. _____ means nutrients are added back.
4. Pasta that is firm to the tooth is _____.

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

🌾 B. Parts of a Grain

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

🟫 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 _____ parts.
7. A refined grain has the bran and _____ 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 _____.
10. Dry pasta _____ when it cooks.
11. Number the pasta steps 1 to 4:

_____ Add the pasta and stir
_____ Save some pasta water, then drain
_____ Boil a big pot of water
_____ Cook until al dente

12. Pasta water is called liquid _____.

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

🍚 D. Rice

13. Use 2 cups _____ for 1 cup rice.

14. _____ 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.”