✅ Grains & Pasta Quiz · ANSWER KEY

Culinary 1 · Unit 8 · Level 2 (modified). 12 questions · 3 choices each · 1 point each.

Name: _____ Date: _____ Period: _____

Circle the best answer. You may have the questions read aloud.

1. 🌾 What is a grain? Gen ed #1

A. The root of a plant | **B. The seed of a plant** | C. The leaf of a plant

2. 🌽 Which are grains? Gen ed #2

A. Apple, plum, pear | B. Carrot, celery, potato | **C. Corn, rye, oats**

3. 🟫 A whole grain has… Gen ed #3

A. All 3 parts | B. Only the endosperm | C. Only the bran

4. ⚪ A grain is refined when ___ is removed. Gen ed #4

A. Endosperm | B. Nothing | **C. Bran and germ**

5. 🌾 The biggest part of the grain is the… Gen ed #5

A. Germ | **B. Endosperm** | C. Bran

6. 🟫 The outside of the grain that is high in fiber is the… Gen ed #7

A. Bran | B. Germ | C. Endosperm

7. 🟡 The small inside part with lots of nutrients is the… Gen ed #8

A. Bran | **B. Germ** | C. Husk

8. ✅ Whole grains have more fiber than refined grains. Gen ed #9

A. True | B. False | C. Only on Mondays

9. 💊 Enriched foods have ___ added back. Gen ed #11

A. Coloring | B. Bran | **C. Nutrients**

10. 🧬 Gluten is the ___ in wheat. Gen ed #12

A. Sugar | **B. Protein** | C. Vitamin

11. 💧 Why save some pasta water? Gen ed #13

A. It cleans the pan | B. It cools the pasta | **C. It helps thicken the sauce**

12. ✨ Pasta water is often called… Gen ed #14

A. Liquid gold | B. Sea water | C. Salt water

Answers

1-B · 2-C · 3-A · 4-C · 5-B · 6-A · 7-B · 8-A · 9-C · 10-B · 11-C · 12-A

Reworded from the gen ed “Quiz on Grains”. #6 (flour from endosperm), #10 and #15 left out to keep 12 questions; #9 kept as true/false with a 3rd choice. Score: __ / 12.