✅ Grains & Pasta Quiz

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?

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

2. 🌽 Which are grains?

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

3. 🟫 A whole grain has…

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

4. ⚪ A grain is refined when ___ is removed.

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

5. 🌾 The biggest part of the grain is the…

A. Germ | B. Endosperm | C. Bran

6. 🟫 The outside of the grain that is high in fiber is the…

A. Bran | B. Germ | C. Endosperm

7. 🟡 The small inside part with lots of nutrients is the…

A. Bran | B. Germ | C. Husk

8. ✅ Whole grains have more fiber than refined grains.

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

9. 💊 Enriched foods have ___ added back.

A. Coloring | B. Bran | C. Nutrients

10. 🧬 Gluten is the ___ in wheat.

A. Sugar | B. Protein | C. Vitamin

11. 💧 Why save some pasta water?

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

12. ✨ Pasta water is often called…

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