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ACTIVITY

Energy Seeds

Directions: Match each description in the left column with the correct term from the right column. Write the letter of the correct term in the space provided. Do not use any term more than once.

Descriptions	Terms
_____ 1. Part of grain containing protein and fat	A. enriched
_____ 2. Helps digestive tract work properly	B. germ
_____ 3. Gets ground into white flour	C. couscous
_____ 4. Tells you that iron and B vitamins are added	D. fiber
_____ 5. One portion from the Grain Group	E. bran
_____ 6. Main source of fiber from grain	F. slice of bread
_____ 7. Bead-shaped pasta	G. kasha
_____ 8. Roasted buckwheat	H. endosperm

Directions: Create a plan for eating at least five, 1-ounce portions from the Grain Group each day. Be sure to include foods from at least half from whole-grain sources.

	Food	Grain Source	Portions
Breakfast			
Lunch			
Snack(s)			
Dinner			

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ACTIVITY

Sorting Out the Fine Print

Directions: The information in the chart below comes from the Nutrition Facts on the labels of five grain products. ("D.V." means "Daily Value.") Use the chart, plus the portions listed in "Grains in the Pyramid" on text page 283, to answer the questions that follow.

	1 English Muffin	¾ Cup Pasta (enriched)	½ Cup Polenta	1 Cup Dry Oat Cereal (enriched)	¼ Cup Quinoa
Calories	140	200	80	110	140
Total Fat	2% D.V.	1% D.V.	0% D.V.	3% D.V.	3% D.V.
Saturated Fat	3% D.V.	0% D.V.	0% D.V.	0% D.V.	0% D.V.
Cholesterol	0% D.V.	0% D.V.	0% D.V.	0% D.V.	0% D.V.
Sodium	22% D.V.	12% D.V.	2% D.V.	12% D.V.	0% D.V.
Total Carbohydrate	9% D.V.	14% D.V.	6% D.V.	7% D.V.	8% D.V.
Dietary Fiber	6% D.V.	6% D.V.	7% D.V.	11% D.V.	15% D.V.
Calcium	6% D.V.	2% D.V.	6% D.V.	4% D.V.	4% D.V.
Iron	10% D.V.	15% D.V.	2% D.V.	45% D.V.	20% D.V.
Thiamin	20% D.V.	35% D.V.	—	25% D.V.	8% D.V.
Riboflavin	8% D.V.	15% D.V.	—	25% D.V.	6% D.V.
Niacin	8% D.V.	30% D.V.	—	25% D.V.	2% D.V.

1. Which food in the chart provides the fewest nutrients? _____

2. To cut back on sodium, which food should you limit? _____

3. Which foods have Nutrition Facts based on portions larger than MyPyramid servings? _____ Smaller than MyPyramid amounts? _____

4. A ¼-cup portion of quinoa provides what percentage of your Daily Value for total carbohydrates? _____

5. What is a possible explanation for the fact that the oat cereal and quinoa have higher Daily Values of fiber than do the muffin, pasta, or polenta?

_____

Continued

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Sorting Out the Fine Print
continued

6. How could you explain the dry oat cereal's high Daily Values of minerals and vitamins?

_____

7. What is the approximate Percent Daily Value of total carbohydrate in a portion of each of the foods in the chart?

muffin _____ pasta _____ polenta _____

oat cereal _____ quinoa _____

8. One 14-oz. box of ready-to-eat oat cereal (14 1-cup servings) costs $2.50. A package of six English muffins costs $.99. One pound of pasta (nine 3/4-cup label portions or about 13.5 MyPyramid portions) is $1.04. What is the approximate cost of one portion of each?

Oat cereal: _____ English muffins: _____ Pasta: _____

Directions: Write the letter of the best choice for each missing word.

_____ 9. _?_ is an Italian dish often served with tomato sauce.
A. kasha B. quinoa C. polenta

_____ 10. _?_ is a variety of rice from India.
A. basmati B. converted C. Arborio

_____ 11. To save cooking time, you can buy _?_ varieties of some cereals.
A. instant B. crunchy C. frozen

_____ 12. To save money, buy plain dry cereals and add your own _?_.
A. milk B. dried fruit C. cream

_____ 13. Brown rice has the _?_ that has been refined out of white rice.
A. endosperm B. bran C. grain

_____ 14. For the best texture, cook pasta just to the _?_ stage.
A. jasmine B. al dente C. boiling

_____ 15. One way to increase the calcium in a pasta dish is to add _?_.
A. tomatoes B. onions C. cheese

_____ 16. Rice is cooked when all the _?_ is absorbed.
A. liquid B. salt C. bran

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Grains and Breads Puzzle

Directions: Listed below are clues that have to do with grains, breads, and a healthful diet. Fill in the letter blanks for each term to complete the puzzle.

1. ____ ____ ____ **G** ____ ____ ____ ____ ____
2. ____ ____ **R** ____ ____ ____ ____ ____
3. ____ ____ ____ **A**
4. ____ **I** **B** ____ ____
5. ____ **N** **R** ____ ____ ____ ____ ____
6. **S** **E** ____ ____ ____
7. ____ **A** ____ ____ ____
8. ____ ____ ____ ____ ____ **D**
9. ____ ____ ____ ____ **S** ____ ____ ____ ____

Clues

1. You increase fat and calories when you serve bread with this.
2. A thin, flat bread made from corn flour or wheat flour.
3. A thick, flat bread with a pocket.
4. Whole-grain breads are a good source of this.
5. Bread that has added iron and B vitamins.
6. Another name for the kernels of cereal grains.
7. A donut-shaped roll with a chewy texture.
8. The way most loaves of bread are sold.
9. All-purpose white flour is made from this.

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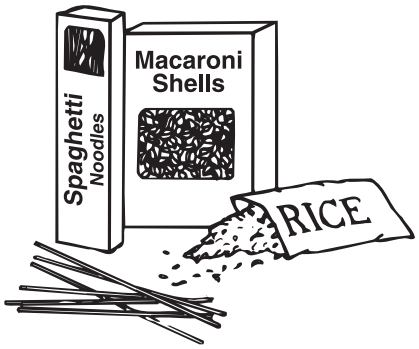
Grain Products

How Much Is Too Much?

Directions: Grain products increase in bulk when they are cooked. Pasta generally swells to double in size while rice triples in size. In answering the following questions, assume that one serving equals 1/2 cup.



1. Stephanie's recipe for pasta salad calls for 4 cups of cooked rotini. She places 4 cups of uncooked rotini in boiling water. How much rotini will she end up with? What will she have to do to the recipe if she uses all of the pasta?

_____

2. A recipe for a chicken casserole calls for 3 cups of cooked noodles. How many cups of uncooked noodles would you need to use?

_____

3. How much uncooked macaroni would be needed to serve ten people?

_____

4. How much uncooked spaghetti would be needed to serve four people?

_____

5. A recipe for a beef casserole calls for 3 cups of cooked rice. How much raw rice would you cook?

_____

6. How much uncooked rice would be needed to serve 12 people?

_____

7. How much uncooked rice would be needed to serve two people?

_____

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