

## Whole Grain Post-test

- 1) The benefits of whole grain products include:
  - a) Providing a high source of the B vitamins/improving insulin metabolism/helping with weight control
  - b) Providing a high source of vitamin C/ improving insulin metabolism/ lowering LDL (“bad”) cholesterol
  - c) Aiding in GI function/controlling hunger/providing a good source of Vitamin A.
  - d) Helping with weight control/providing a good source of Vitamin C/lowering the bad cholesterol level (LDL)
  
- 2) Which layer of the grain contains the most fiber?
  - a) Germ
  - b) Bran
  - c) Endosperm
  
- 3) Which layer of the grain is used solely in white flour?
  - a) Germ
  - b) Bran
  - c) Endosperm
  
- 4) Which of the following products is not a refined grain?
  - a) Enriched white
  - b) Chinese fried rice
  - c) White pasta
  - d) Wild rice
  
- 5) A whole grain stamp on a food product that states > 16 grams indicates it is:
  - a) A good source of Whole grains
  - b) An excellent source of whole grains
  - c) A fair source of whole grains
  
- 6) A person is going out to eat breakfast. Which breakfast would a person eat in order to have their meal contain a whole grain product?
  - a) Cornflakes/milk/and toast (enriched wheat bread) with jelly
  - b) Rice Krispies/toast (white bread) and jelly/milk
  - c) Oatmeal/wheat toast(whole grain) /milk
  - d) Cream of wheat (original)/fried apples/milk