

## Apply What You Learned: Whole Grains

### Part A:

**1. The benefits of whole grain products include:**

- a. Providing a high source of 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 GI function, controlling hunger, providing a good source of Vitamin A
- d. Helping with weight control/providing a good source of Vitamin C and 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     | c. White pasta |
| b. Chinese fried rice | d. Wild rice   |

**5. A whole grain stamp on a food product that states > 16 grams indicates is:**

- a. A good source of Whole grains
- b. An excellent source of whole grains
- c. A fair source of whole grains

**6. Which meal should you order if you want to include a whole grain?**

- a. Scrambled eggs, enriched wheat bread toast, and jelly
- b. Frosted cereal, berries, and milk
- c. Oatmeal with a banana and almond butter
- d. Cream of wheat with fried apples and orange juice

Part B:

**Below is a list of grain products. Circle the whole grains (there will be 11 total).**

- |                |                   |               |             |
|----------------|-------------------|---------------|-------------|
| Teff           | Bulger            | Wheat berries | Wild rice   |
| White Rice     | Brown rice        | Popcorn       | Quinoa      |
| Oatmeal        | Barley            | White flour   | Whole wheat |
| Steel cut oats | Degermed cornmeal | White pasta   |             |

**Using the below turkey casserole recipe, answer questions 1-2:**

|  |
|--|
| <p><u>Ingredients:</u></p> <ul style="list-style-type: none"><li>• 2 cups cooked turkey, cut up</li><li>• 2 cups cooked rice</li><li>• ¼ cup chopped green pepper</li><li>• ½ cup chopped onion</li><li>• 1 can sliced mushrooms, drained</li><li>• 1 can cream of mushroom soup</li><li>• ¼ tsp garlic powder</li><li>• Salt and pepper, to taste</li></ul> |
| <p><u>Directions:</u></p> <ol style="list-style-type: none"><li>1. Preheat oven to 350°.</li><li>2. Combine all ingredients in a greased 1 1/2-quart casserole.</li><li>3. Cover and bake 30 to 40 minutes, until bubbly.</li></ol>  |

1. **What is the grain product in the recipe?**

\_\_\_\_\_

2. **What whole grain alternative could you use in the recipe?**

\_\_\_\_\_

**Answer questions 3-5:**

**3. Name two whole grain products you could have as a snack.**

a. \_\_\_\_\_

b. \_\_\_\_\_

**4. Name a refined grain you eat: \_\_\_\_\_**

**5. What could you substitute the above grain for? \_\_\_\_\_**