

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

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? _____