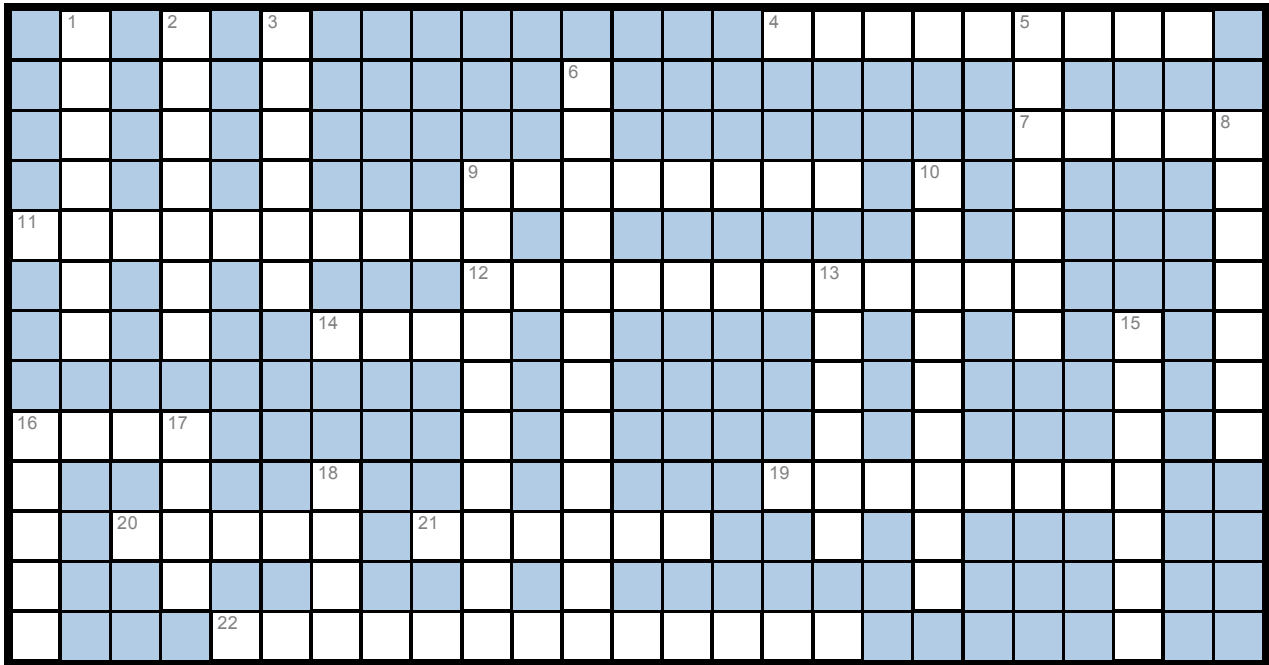


Adventures in Food and Nutrition! © 2012

Chapter 18: Great Grains

Copyright Goodheart-Willcox Co., Inc.



Across

4. The largest part of a grain kernel. It contains mostly starch.
7. A shaped dough made with wheat flour and water.
9. The seeds of a water plant.
11. A fine, white powder made from the starch of corn endosperm.
12. A special form of all-purpose flour. It is processed in a way that allows it to mix easily in cold liquids.
14. To put dry ingredients through a flour sifter or fine sieve.
16. The smallest part of a grain kernel. It contains most of the kernel's nutrients. A new plant sprouts from the germ.
19. Foods that have nutrients that were lost during processing added back to them.
20. A fine powder ground from wheat kernels.
21. Large, dried pieces of corn endosperm that are boiled and served as a side dish.
22. Rice made by steaming whole rice kernels. Steaming draws some of the nutrients from the bran and germ into the endosperm where they are trapped. After the kernels dry, the bran and germ are removed.

Down

1. Oil made by squeezing the germ of corn kernels.
2. A pudding made with cornmeal.
3. Ice cream.
5. A type of corn that contains a tiny drop of water inside each kernel. When it is heated, the water turns into steam. The pressure of the steam causes the kernel to explode.
6. The endosperm of the rice kernel. It has less than half as many nutrients as brown rice.
8. Pasta that is cooked until it is tender but firm.
9. A flour made by grinding only the endosperm. The bran and germ are removed.
10. The whole rice kernel. It contains more nutrients and fiber than other types of rice.
13. A coarsely ground flour. Most of the bran and germ are removed. It is cooked and served as a hot breakfast cereal.
15. A type of pasta with egg added to the dough.
16. Coarsely ground hominy. Grits are served as a hot breakfast cereal.

17. A sticky, sugary substance produced when barley sprouts.
18. The tough, outer coat of a kernel of grain.