

# ***Adventures in Food and Nutrition! © 2012***

## ***Chapter 18: Great Grains***

### **Tools:**

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- Printer
  - 8.5" x 11" paper
  - Scissors
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### **Directions:**

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1. Print
  2. Fold paper in half vertically
  3. Cut along dashed lines
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al dente

Pasta that is cooked until it is tender but firm.

- FOLD -

01 of 39 E-Flash Cards



all-purpose flour

The most common type of flour, which can be used in nearly all recipes.

- FOLD -

02 of 39 E-Flash Cards



bran

The tough, outer coat of a kernel of grain.

- FOLD -

03 of 39 E-Flash Cards



bread flour

A type of coarse flour used to make hearty, firm breads.

- FOLD -

04 of 39 E-Flash Cards

brown rice

The whole rice kernel. It contains more nutrients and fiber than other types of rice.

- FOLD -

05 of 39 E-Flash Cards



cake flour

A smooth, silky flour used to make cakes that have a light and delicate texture.

- FOLD -

06 of 39 E-Flash Cards



converted rice

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.

- FOLD -

07 of 39 E-Flash Cards



corn oil

Oil made by squeezing the germ of corn kernels.

- FOLD -

08 of 39 E-Flash Cards

corn syrup

Syrup made by changing the starch of the endosperm of the corn kernel into sugar.

- FOLD -

09 of 39 E-Flash Cards



cornmeal

Meal ground from the whole corn kernel or just the endosperm.

- FOLD -

10 of 39 E-Flash Cards



cornstarch

A fine, white powder made from the starch of corn endosperm.

- FOLD -

11 of 39 E-Flash Cards



endosperm

The largest part of a grain kernel. It contains mostly starch.

- FOLD -

12 of 39 E-Flash Cards

enriched

Foods that have nutrients that were lost during processing added back to them.

- FOLD -

13 of 39 E-Flash Cards



farina

A coarsely ground flour. Most of the bran and germ are removed. It is cooked and served as a hot breakfast cereal.

- FOLD -

14 of 39 E-Flash Cards



flour

A fine powder ground from wheat kernels.

- FOLD -

15 of 39 E-Flash Cards



gelati

Ice cream.

- FOLD -

16 of 39 E-Flash Cards

gelatinization

This process occurs when starch granules absorb water, swell, and cause a liquid to become thicker.

- FOLD -

17 of 39 E-Flash Cards



germ

The smallest part of a grain kernel. It contains most of the kernel's nutrients. A new plant sprouts from the germ.

- FOLD -

18 of 39 E-Flash Cards



granules

Tiny pieces of starch inside the endosperm of a grain seed.

- FOLD -

19 of 39 E-Flash Cards



grits

Coarsely ground hominy. Grits are served as a hot breakfast cereal.

- FOLD -

20 of 39 E-Flash Cards

hominy

Large, dried pieces of corn  
endosperm that are boiled and served  
as a side dish.

- FOLD -

21 of 39 E-Flash Cards



instant flour

A special form of all-purpose flour. It  
is processed in a way that allows it to  
mix easily in cold liquids.

- FOLD -

22 of 39 E-Flash Cards



long grain rice

A type of rice that is light and fluffy  
when it is cooked.

- FOLD -

23 of 39 E-Flash Cards



malt

A sticky, sugary substance produced  
when barley sprouts.

- FOLD -

24 of 39 E-Flash Cards

medium grain rice

A type of rice that sticks together  
when cooked.

- FOLD -

25 of 39 E-Flash Cards



noodles

A type of pasta with egg added to the  
dough.

- FOLD -

26 of 39 E-Flash Cards



pasta

A shaped dough made with wheat  
flour and water.

- FOLD -

27 of 39 E-Flash Cards



polenta

A pudding made with cornmeal.

- FOLD -

28 of 39 E-Flash Cards



polished rice

The endosperm of the rice kernel. It has less than half as many nutrients as brown rice.

- FOLD -

29 of 39 E-Flash Cards



popcorn

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.

- FOLD -

30 of 39 E-Flash Cards



refined grains

Grain foods that are made with only the endosperm.

- FOLD -

31 of 39 E-Flash Cards



self-rising flour

All-purpose flour that has salt and baking powder added to it.

- FOLD -

32 of 39 E-Flash Cards

short grain rice

A type of rice that sticks together when cooked.

- FOLD -

33 of 39 E-Flash Cards



wheat bran

The outer covering of a kernel of grain. It is high in fiber.

- FOLD -

34 of 39 E-Flash Cards



wheat germ

The germ of the wheat kernel.

- FOLD -

35 of 39 E-Flash Cards



white flour

A flour made by grinding only the endosperm. The bran and germ are removed.

- FOLD -

36 of 39 E-Flash Cards

whole grain foods

Cereal foods that include all three parts of the kernel.

- FOLD -

37 of 39 E-Flash Cards



whole wheat flour

A flour made by grinding the entire wheat kernel.

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38 of 39 E-Flash Cards



wild rice

The seeds of a water plant.

- FOLD -

39 of 39 E-Flash Cards



- FOLD -