

Adventures in Food and Nutrition! © 2012
Chapter 18: Great Grains—Interactive Quiz Questions

- _____ 1. A grain kernel's tough outer coat is called the _____.
- A. germ
 - B. endosperm
 - C. bran
 - D. gelatin
- _____ 2. Which part of the grain kernel contains mostly starch?
- A. Germ.
 - B. Endosperm.
 - C. Bran.
 - D. All contain mostly starch.
- _____ 3. _____ includes all three parts of the grain kernel.
- A. Corn starch
 - B. Pasta
 - C. Pie crust
 - D. Whole-wheat bread
- _____ 4. Whole-grain foods have nutrients lost during processing added back to them.
- A. true
 - B. false
- _____ 5. Which part of the wheat kernel is used to make white flour?
- A. Germ.
 - B. Bran.
 - C. Endosperm.
 - D. All the above.
- _____ 6. Which part of a grain kernel contains most of the fiber?
- A. Germ.
 - B. Bran.
 - C. Endosperm.
 - D. All are equal.
- _____ 7. Which part of the grain kernel contains most of the nutrients?
- A. Germ.
 - B. Bran.
 - C. Endosperm.
 - D. None of the above.

Name _____ Date _____

- _____ 8. _____ rice contains the most fiber and nutrients.
- A. Converted
 - B. Parboiled
 - C. Brown
 - D. Polished
- _____ 9. Al dente means cooking pasta until it is firm and chewy.
- A. true
 - B. false
- _____ 10. Gelatinization occurs when starch granules absorb water, swell, and make a liquid thicker.
- A. true
 - B. false