

Preparing Grains, Fruits, and Vegetables

CHAPTER

22

Study Guide

Directions: Answer each question with the information you learned in Chapter 22. Write your answers in complete sentences on the lines provided.

1. What is the nutritional content of grains?

2. List the three parts of a grain kernel.

3. What considerations about grains should a person make for a healthful diet?

4. Describe the process of cooking pasta.

5. Describe the process of cooking rice.

6. What are quick breads?

7. Give the three guidelines for storing grains.

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8. Why are more types of fresh produce available today than ever before?

9. Give four tips for buying canned fruits and vegetables.

10. Why is brown rice more nutritious than enriched white rice?

11. Fruits and vegetables are good sources of which nutrients?

12. What characteristic of fruits and vegetables indicates amount of nutrients?

13. Why is properly washing produce important?

14. When should a person cut fruits and vegetables for maximum freshness?

15. List tips for serving delicious salads.

16. What happens to fruits and vegetables when cooked? Name two ways to conserve nutrients when cooking fruits and vegetables.

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Preparing and Cooking Grains, Fruits, and Vegetables

Part I. Directions: With so many choices in fruits and vegetables, you should have a good idea of how to prepare them so they are their most nutritious and tasty. Using the chart below, suggest ways to prepare each fruit or vegetable item. Write your answers in the space provided.

Fruit or Vegetable	Preparation/Cooking Method
Apples	
Lettuce salad	
Baking potatoes	
Fruit salad	

Part II. Directions: Using the chart below, suggest ways to prepare each grain item. Write your answers in the space provided.

Grains	Preparation Method
Biscuits	
Pasta	
Rice	

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Selecting Great Grains

Part I. Directions: Because grains are such a large part of your diet, it is important to buy the most healthful choices in grains. In the chart below, write several tips for selecting healthful grain products.

Grains	Tips for Healthful Grain Choices
Breads	
Cereals	
Rice	
Pasta	

Part II. Directions: Jerry has turned over a new leaf. He is making more healthful choices about food and is exercising daily. He has learned more about the importance of whole grains through the MyPyramid program. Read Jerry’s current meal plan. Then point out how Jerry can modify his meals to add whole grains to his meal plan. Write your answers in the space provided.

Breakfast: Toast, fresh apple, cereal with low-fat milk.

Snack: Muffin and low-fat milk.

Lunch: Sandwich with sliced turkey and cheese, baby carrots, fresh pear, water.

Dinner: Pasta with meat sauce, mixed greens salad, fresh-steamed broccoli, garlic bread, low-fat milk.
