

Standard Four

Carbohydrates

- We get most of our carbohydrates from the _____ group.
- _____ and _____ are also a good source of carbohydrates.
- Almost all of our carbohydrates come from _____ food sources.
- The main function of carbohydrates is to _____.
- Carbohydrates provide _____ calories per gram. If we eat more carbs than our bodies need for energy, they get stored as _____.
- The three types of carbohydrates are:
 - _____
 - _____
 - _____
- Sugars are _____. Starches are _____.
Which ones are better for you? Simple or complex? _____
The MyPlate encourages us to make have of our grains _____ grains (complex).
- Complex Starches will _____ into Simple Sugars in the digestion process.

Draw a Picture of the Following:

SIMPLE SUGAR	COMPLEX STARCH

- List the different types of sugars and their food sources:

<u>SUGAR</u>	<u>OTHER NAME</u>	<u>FOOD SOURCES</u>
A.	"Blood Sugar"	Fruit, Vegetables, Grains
B.	"Table Sugar"	Table Sugar, Sugar Cane
C.	"Fruit Sugar"	Fruit
D.	"Malt Sugar"	Grains
E.	"Milk Sugar"	Milk

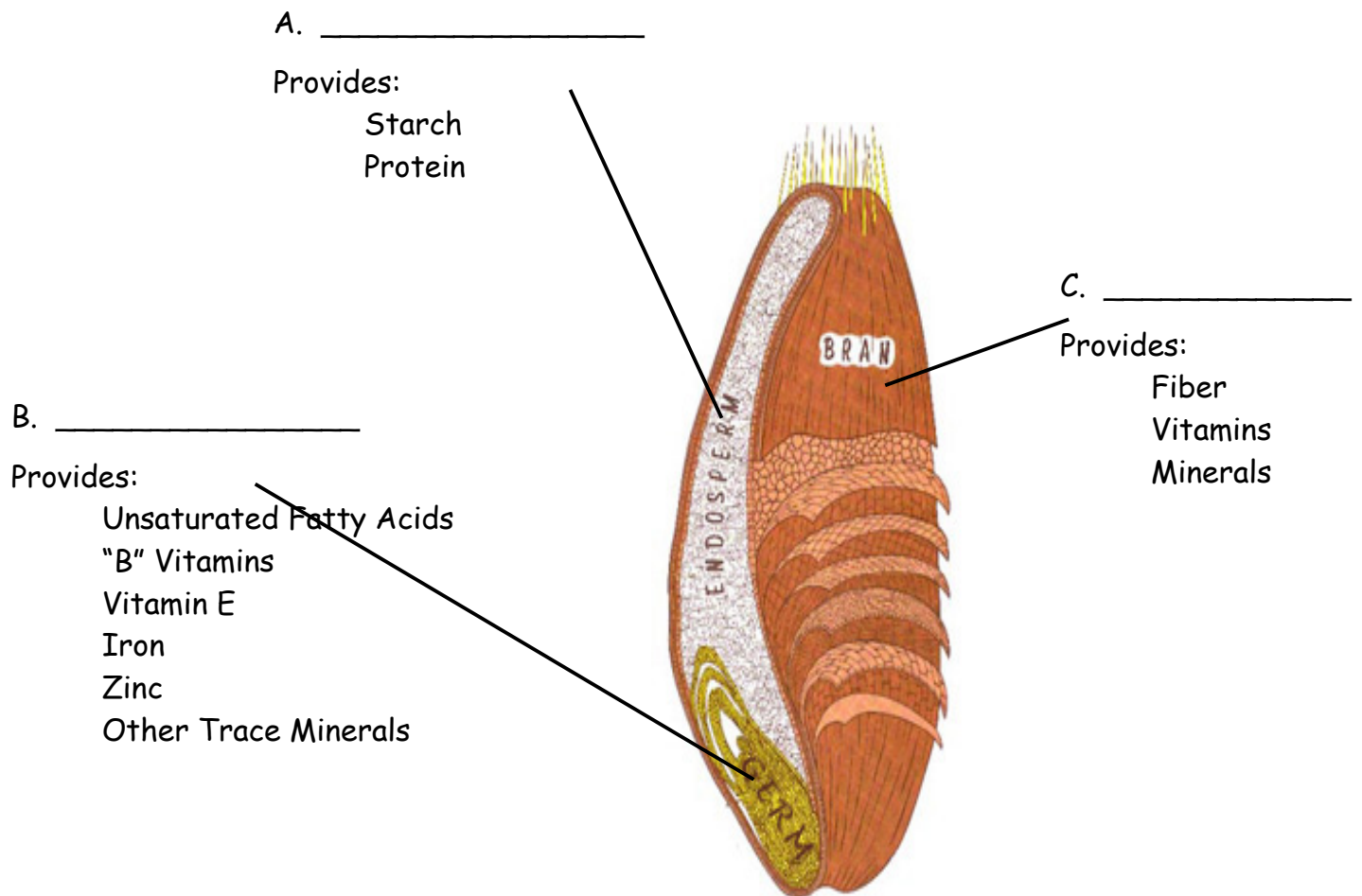
Fiber

- The average American does not get enough _____ in their diets.
- The National Cancer Institute recommends that the average person gets _____ of fiber every day.
- Two other common names for fiber are: _____ or _____. Cellulose is a _____ fiber.

4. Fiber is important because it attracts _____ to the _____ and helps move food through our systems faster. You have to have water along with fiber or it is not as effective.
5. Benefits of fiber include a lowered risk of _____, _____ and _____.
6. List the two types of fiber and the main functions they perform:

<u>Type of Fiber</u>	<u>Function</u>
A.	Show to lower total blood cholesterol
B. _____ dissolve	*Will NOT digest or Helps move food through the body

7. Fiber only comes from _____ food sources. You CANNOT get fiber from animal food sources.
8. Foods that are high in fiber include:
 - a. _____
 - b. whole grains
 - c. legumes/beans
 - d. bran
9. Ways to increase fiber in the diet include:
 - a. _____
 - b. Use whole wheat flour
 - c. Eat the skins
10. Label the wheat kernel below:



11. When a product claims that it is "Whole Wheat" or "Whole Grain", it must use the _____ wheat kernel, or all three parts.
12. Other products, like white bread and rice, usually only use the _____, which is the _____ beneficial part of the wheat kernel.
13. _____: some of the nutrients that were lost in processing are added back into the product
14. _____: 10% more of the Daily Value for the nutrient is being added

RICE & PASTA

1. List the types of rice below:

<u>Type</u>	<u>Description</u>
A.	Shorter than long grain rice. When cooked, it is moist and tender.
B.	4-5 times longer than the width. After cooked, it will be light and fluffy.
C.	Short, plump and almost round. Cooked grains are soft and cling together.
D.	*Has the most fiber! Chewy texture and "nut-like" flavor. Rich in vitamins, minerals and fiber.
E.	Long, dark and streaky color. Distinct flavor.
F.	It has been completely cooked and then dehydrated. The process reduces time required for cooking.

2. To cook rice:
 - A. Use about 2 cups of water for every cup of rice.
 - B. Bring water to a boil.
 - C. Add rice and **cover the pan.**
 - D. Bring water back up to a boil.
 - E. Reduce heat so rice will simmer.
 - F. Check for doneness. The rice should be tender but firm, and there should be no water left.
 - G. If some water remains, continue cooking, but remove the lid.

3. **RICE YIELD:**

_____ **uncooked rice will make _____ cooked rice (3:1 ratio)**

4. To cook pasta:

- A. Use about 1 quart of water for every 4 ounces of dry pasta.
- B. Bring water to a boil.
- C. Add pasta slowly to boiling water so boiling does not stop.
- D. **Do NOT cover the pan.**
- E. Stir pasta frequently while it's cooking.
- F. Cook pasta to al dente stage (pasta remains firm to the bite).
- G. Drain pasta in a colander.
- H. To keep pasta warm, set the colander over a pan of hot water and cover the colander.

5. **PASTA YIELD:**

_____ **uncooked pasta will make _____ cooked pasta (2:1 ratio)**

Quick Breads

Quick breads use _____ or _____ as a leavening agent and not _____, making it quicker to prepare.

Pour Batter	Drop Batter	Soft Dough
1. 2.	1. 2.	1. 2.

Quick breads should not be _____. Over-mixing will cause _____ and _____.

Identify the role of each ingredient in a quick bread:

Flour: _____

Sugar: _____

Eggs: _____

Leavening agent: _____

Types of leavening agents: _____

Fat: _____

Salt: _____

Liquids: _____