

Name _____ Period _____ Table _____

Unit Four

Carbohydrates

Carbohydrate Assignments	POINTS POSSIBLE	Your SCORE
Carbohydrate & Fiber Notes	25 Points	
Quick Bread Notes	25 Points	
Rice & Pasta Notes	25 Points	
Lab-	25 Points	
Lab-	25 Points	
Lab-	25 Points	
Lab-	25 Points	
Lab-	25 Points	
Lab-	25 Points	
Lab-	25 Points	
Lab-	25 Points	
TOTAL	_____ Points	

Standard 4

Carbohydrates

Objectives

1. Identify the primary function of carbohydrates as providing energy.
2. Understand simple carbohydrates and sugars, and complex carbohydrates as starch.
3. Know the purpose of fiber/roughage in the diet.
4. Identify food high in fiber – fruits, vegetables, whole grains, legumes, bran cereals, dry beans, split peas, lentils.
5. Identify whole grains (all types) as the most nutritious complex carbohydrate.
6. Participate in preparing recipes with whole grains.
7. Identify basic cooking techniques related to pasta including how to cook, doubles in bulk, and al dente.
8. Understand type of leavening agents used in quick breads, baking powder, eggs, baking soda and steam.
9. Identify quality indicators for different quick breads (pancakes, waffles, biscuits, corn bread, nut/fruit bread, popovers).

Carbohydrates & Fiber

1. What is the purpose of CARBOHYDRATES in the foods that we eat?
2. What are the two types of Carbohydrates?
 - A.
 - B.
3. What do SIMPLE CARBOHYDRATES do for the body?
4. Simple Carbohydrates=_____
5. What do COMPLEX CARBOHYDRATES do for the body?
6. Complex Carbohydrates=_____
7. _____ grains are the most nutritious complex carbohydrates.
8. Carbohydrates should make up _____% of our daily food intake.
9. How are carbohydrates broken down during the digestion process?
10. Carbohydrates come mainly from _____sources.
11. What is Fiber?
12. What is another word for fiber?
13. What is the function of FIBER?
14. What foods are high in natural FIBER?
 - A.
 - B.
 - C.
 - D.
 - E.
 - F.
 - G.

Quick Breads

1. What are quick bread?
2. List four types of leavening agents in quick breads:
3. List the Three Types of Quick Breads and two examples of each:
 - a. _____ = _____
 - b. _____ = _____
 - c. _____ = _____
4. Quick breads should not be _____. Otherwise, it will cause _____ and _____.
5. How can you check quick breads to see if they are done?
6. To prevent burning the edges when middle is not done use _____.
5. What do each of the following ingredients do for breads?

Ingredient	Purpose
Flour	
Sugar	
Salt	
Eggs	
Leavening Agent	
Fat	

Rice & Pasta Notes

1. Describe how to cook rice:

Step One:

Step Two:

Step Three:

Step Four:

2. Rice will _____ in size/bulk when it cooks. This means if I put 1 cup of rice in a pan and cook it, I will have _____ cups when it is finished.

3. Describe how to cook pasta:

Step One:

Step Two:

Step Three:

Step Four:

4. Pasta will _____ in size/bulk when it cooks. This means if I put 1 cup of pasta in a pan and cook it, I will have _____ cups when it's finished.

5. What does al dente mean?