

Cereal Grains & Beverages

Unit Test

Name: _____ Grade: _____ Date: _____

Instructions: Answer ALL questions in the spaces provided on this worksheet. Read each question carefully before responding. Marks awarded are shown in brackets ().

1. What is the main nutrient found in cereal grains? (2)

2. Which of the following is best describes a cereal grain? (1)

- a. Seeds of certain plants that are grown and used for food.
- b. A breakfast meal; e.g. corn flakes, fruit loops.
- c. The leaves of plants used to make salads.

3. Read each statement and determine if the statement is true or false.

- | | | |
|--|------|-------|
| a. Beverages can be hot or cold. | True | False |
| b. Wheat is used to make flour. | True | False |
| c. A by-product of corn is cornmeal. | True | False |
| d. Coffee is suitable for an athlete to drink after a race. | True | False |
| e. The parts of the cereal grain are the germ, bran and epidermis. | True | False |
| f. Beverages supply water to the diet. | True | False |

(6)

4. Identify the food below. Indicate in Column B the name of the food item, in Column C which cereal grain it is made from or the type of beverage.

Column A

Column B

Column C

a)



b)



c)

