



## Pasta

Pasta or Farinaceous, from the French word 'Farine' is made from ground durum wheat. It is mixed with water, oil or egg to form a stiff dough which is rolled or pressed into different shapes. It can be cooked straight away or dried to prolong shelf life.

Dried pasta made without eggs can be stored for up to two years under ideal conditions, while fresh pasta will keep for a few days under refrigeration.

Brown pasta is made with wholemeal flour. Pasta can be coloured with tomato purée (to make red), spinach (to make green) or squid ink (to make black). Pasta also includes varieties such as, ravioli and tortellini, which are filled with other ingredients such as ground meat or cheese.

## Pasta in the diet

Pasta is enriched with iron, folic acid and several other B-vitamins, including thiamine, riboflavin and niacin. It is very low in salt and is cholesterol-free if eggs are not used. Pasta is low on the Glycemic Index (GI). This means that it is digested more slowly and provides a slow release of energy without spiking blood sugar levels.

## Pasta Nutrition

Read through each of the statements below and determine if the information is TRUE or FALSE and write the correct answer on the line.

Correct the false statements.

- \_\_\_\_\_ 1. Pasta is a good source of simple sugars.
- \_\_\_\_\_ 2. Pasta provides a slow release of energy.
- \_\_\_\_\_ 3. Pasta has no cholesterol and is low in sodium.
- \_\_\_\_\_ 4. Pasta provides up to 65% of daily fiber for each one cup portion.
- \_\_\_\_\_ 5. Pasta is a great source of folic acid for childbearing aged women.

\_\_\_\_\_ 6. Folic acid is required by the FDA to be part of grain enriched products.

\_\_\_\_\_ 7. Pasta can be part of a balanced diet.

\_\_\_\_\_ 8. 25% of daily calories should come from carbohydrates such as pasta.

\_\_\_\_\_ 9. Pasta has a low glycemic index.

\_\_\_\_\_ 10. Pasta causes blood glucose levels to rise quickly.

Colorful pasta

What ingredient makes pasta green? \_\_\_\_\_

What ingredient makes pasta red? \_\_\_\_\_

What ingredient makes pasta black? \_\_\_\_\_

What ingredient makes pasta yellow? \_\_\_\_\_

List dishes you can cook with the following types of pasta.

Pasta	Dish
Spaghetti	
Fusilli	
Tagliatelle	
Lasagne	

Penne	