Name:_____ Date:_____

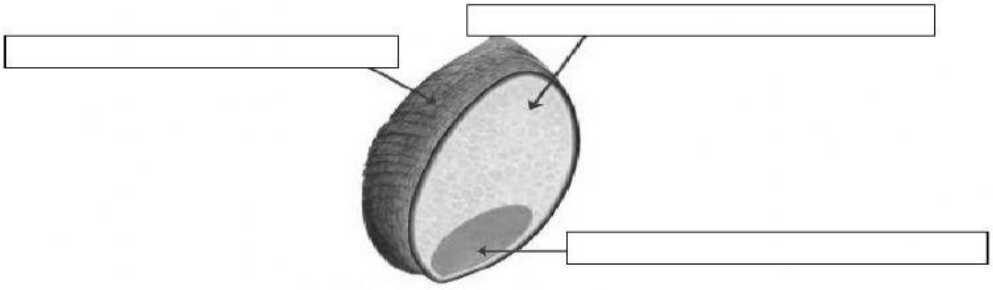
Cereal Grain Worksheet

Instructions: *Reach each question carefully, and then write the correct answer on the space provided.*

1. Define the terms: (2pts)
   (a) Cereals:
   _____
   (b) Staple Foods:
   _____

2. Name the most important grains used for food in the Bahamas by unscrambling the letters and writing the correct terms in the blanks. (6pts)
   i. HATEW _____
   ii. ATOS _____
   iii. RONC _____
   iv. IREC _____
   v. LAEYBR_____
   vi. YER_____

3. Label and descried the three main parts of this Kernel of grain. (6pts)



4. List TWO essential nutrients found in staple foods. (2pts)
   _____

5. Explain FOUR advantages of staple foods. (4pts)
   _____
   _____

6. *Proper storage of cereals will ensure that they last for a long time.* List some guidelines that should be followed when storing cereals. (3pts)
   _____
   _____

7. Give the name of THREE Cereal products and provide the Cereal Grain they are made from. (3pts)
   _____

8. *Cereals are cooked to improve both flavor and digestibility.* Give some suggestion on the techniques for cooking cereals.
   _____
   _____

LIVEWORKSHEETS