

Name: _____

Date: _____

Cereal Grain Worksheet

Instructions: Read 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 _____

iv. IREC _____

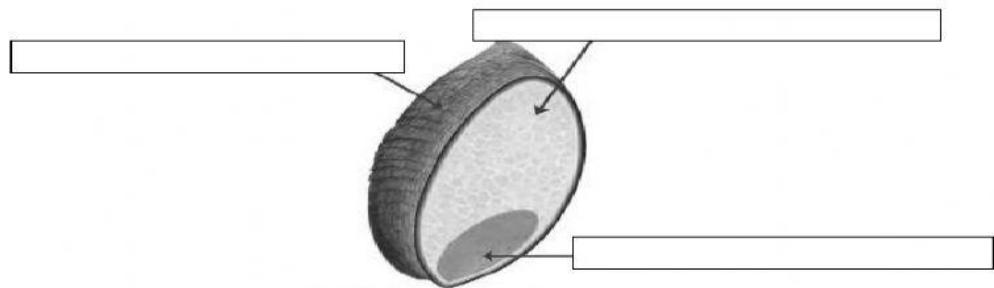
ii. ATOS _____

v. LAEYBR _____

iii. RONC _____

vi. YER _____

3. Label and describe 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.
