Answer Keys

Selecting Cereal

Doodle Bugs
Circle: Bran, endosperm, germ
Box: Look for cereals with more fiber, less sugar and whole grain ingredients.
Select one: Whole wheat

SCIENTIFIC INQUIRY:
Label Logic
Note: Answers based on Nutrition Facts labels will vary depending upon the brands used. Chex®:
160 calories; 5 grams fiber; 5 grams sugar; yes
Cheerios®:
100 calories; 3 grams fiber; 1 gram sugar; yes
Frosted Shredded Wheat®:
190 calories; 6 grams fiber; 11 grams sugar; yes
Frosted Flakes®:
110 calories; 1 gram fiber; 11 grams sugar; no
Froot Loops®:
120 calories; 1 gram fiber; 13 grams sugar; no
Circle: Cheerios®
Star: Frosted Shredded Wheat®
1. Frosted Shredded Wheat®, Chex®, Cheerios®, Frosted Flakes® and Froot Loops®
2. Froot Loops®, Frosted Flakes® and Frosted Shredded Wheat®, Chex®, Cheerios®
3. Answers may vary: Examples: I think Wheat Chex® is the healthiest because it only has 5 grams of sugar and it has 5 grams of fiber (low in sugar and high in fiber). It also has whole grain ingredients. Or I think Cheerios® is the healthiest because it is the lowest in sugar, it contains whole grains, and it has a moderate amount of fiber.
4. Answers will vary. Example: I like Frosted Shredded Wheat® because it is sweet.
5. Answers will vary. Example: I think it is moderately healthy. It has whole grains and lots of fiber, but it also has a lot of sugar.

Rice Review

Doodle Bugs
Circle: Rice, wheat bread, beans, corn, yams
Box: Bran, endosperm, germ
Underline: Nutrients and fiber are taken away when the bran and germ are removed.

SCIENTIFIC INQUIRY:
Nice Rice
Brown rice: 2 cups rice; 1 3/4 cups water; 5 minutes; 5 minutes
Uncooked Brown Rice: 172 grams; light brown, small, oblong, dry, hard and crunchy; small piece of rice
Cooked Brown Rice: 425 grams; light brown, bigger, oblong, moist, soft and fluffy; larger piece of rice

What happened to the water when you cooked the rice? It disappeared because it was absorbed into the rice.

Do you think one piece of uncooked or cooked rice weights more? Cooked Rice
Why do you think it weights more? Cooked rice weighs more because it soaked up water. The water made the rice bigger and added to the weight of the rice.
Answer Keys (continued)

Tasting time: Answers will vary.

WHILE YOU WAIT:

Main Grain
1. Bran brown - Outer layer; Endosperm orange - Large inner area; Germ yellow - Small inner area
2. Only the endosperm should be drawn.
3. China a. 128 million tons
   b. Yes, I think it is a staple food because people in China eat a lot of rice!
4. United States of America a. 4 million tons
   b. No, because many Americans don’t eat a lot of rice.

Pasta Perfection

Doodle Bugs
Circle: Spaghetti, Macaroni, Rotelle, Farfalle, Ravioli
Fill-in the blank: Answers will vary. Example: Farfalle because it looks like a bow tie.
Box: Flour and water
Underline: Whole wheat pasta is healthier because it has more fiber, vitamins and minerals.

SCIENTIFIC INQUIRY:

Cooking Pasta
Regular pasta cooking time: 12 minutes
Whole wheat pasta cooking time: 12 minutes
Regular pasta: Yellow, long, thin circular strand; Great, mild flavor
Whole wheat pasta: Tan, long, very skinny, circular, strand; Good, tastes more nutty and chewy

WHILE YOU WAIT:

Brainy Grains
1. $0.20
2. $0.30
Regular pasta: $0.98; 1/2 cup; 7 servings; 210 Calories; 2 grams fiber
Whole wheat pasta: $1.96; 1/2 cup; 7 servings; 180 Calories; 6 grams fiber
1. $0.14
2. $0.28
3. $0.14
4. 20 noodles
5a. 12.5 servings b. 4 servings
Challenge: Whole wheat: 6 1/4 cups  Regular Pasta: 2 cups

Proficiency Questions (Workbook)
1. c  2. a  3. c  4. d  5. b  6. a

Proficiency Questions (Virtual CD)
1. c  2. a  3. c  4. d