

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**