Red Potatoes
Have a thin red skin and crisp, white, waxy flesh best suited to boiling or steaming. They do not have the dry, mealy texture successful baking requires.

Russet
Also referred to as Idaho Potatoes, are the standard baking potatoes. Russets are excellent baked and are the best potatoes for frying.

Sweet Potatoes
Sweet potatoes are from a different botanical family than ordinary potatoes. Two types are commonly available. One has a yellow flesh and a dry mealy texture white sweet potato. The other has a darker orange, moister flesh and is high in sugar.

Yams
Botanically different from both sweet and common potatoes, Yams are less sweet than sweet potatoes. Flesh of yams changes from creamy white to deep red.
**Converted rice**
Is Parboiled to remove the surface starch. This procedure also forces nutrients from the bran into the endosperm. Therefore, converted rice retains more nutrients than the regular milled white rice, although the flavour is the same.

**Arborio rice**
Is a round, short grained rice used primarily in Italian dishes such as risotto. It is very sticky, with a white color and mild flavour.

**Basmati Rice**
Is one of the finest long grained rice in the world. It grows in the Himalayan foothills and is preferred in Indian cuisine. Jasmine rice another aromatic long grain rice. It is grown in Thailand.

**Brown Rice**
Is the whole natural grain of rice. Brown rice has a nutty flavour; it's chewy texture is caused by the high fibre bran. Brown rice absorbs more water and takes longer to cook than white rice does.

**Wild Rice**
Is prepared in the same manner as traditional rice, although it is actually the seed of an unrelated reed like aquatic plant.
Red Potatoes
Have a thin red skin and crisp, white, waxy flesh best suited to boiling or steaming. They do not have the dry, mealy texture successful baking requires.

Russet
Also referred to as Idaho Potatoes, are the standard baking potatoes. Russets are excellent baked and are the best potatoes for frying.

Sweet Potatoes
Sweet potatoes are from a different botanical family than ordinary potatoes. Two types are commonly available. One has a yellow flesh and a dry mealy texture white sweet potato. The other has a darker orange, moister flesh and is high in sugar.

Yams
Botanically different from both sweet and common potatoes, Yams are less sweet than sweet potatoes. Flesh of yams changes from creamy white to deep red.
# STARCHES - DEFINITION MATCH

Write the name of the starch above the definition

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A.</td>
<td>Botanically different from both sweet and common potatoes. They are less sweet than sweet potatoes. Flesh changes from creamy white to deep red.</td>
</tr>
<tr>
<td>B.</td>
<td>Is the whole natural grain of rice. This rice has a nutty flavour; its chewy texture is caused by the high fibre bran. Absorbs more water and takes longer to cook than white rice does.</td>
</tr>
<tr>
<td>C.</td>
<td>Is parboiled to remove the surface starch. This procedure also forces nutrients from the bran into the endosperm. Therefore, this rice retains more nutrients than he regular milled white rice, although the flavour is the same.</td>
</tr>
<tr>
<td>D.</td>
<td>One of the finest long grained rice in the world. It grows in the Himalayan foothills and is preferred in Indian cuisine. It is highly aromatic, with a sweet, delicate flavour and a creamy color. It is grown in Thailand.</td>
</tr>
<tr>
<td>E.</td>
<td>This rice is prepared in the same manner as traditional rice, although it is actually the seed of an unrelated reed like aquatic plant.</td>
</tr>
<tr>
<td>F.</td>
<td>These potatoes have a thin red skin and crisp, white, waxy flesh best suited to boiling or steaming they do not have the dry, mealy texture successful baking requires.</td>
</tr>
<tr>
<td>G.</td>
<td>This rice is a round, short grained rice used primarily in Italian dishes such as risotto. It is very sticky, with a white color and mild flavour.</td>
</tr>
<tr>
<td>H.</td>
<td>Also referred to as Idaho Potatoes, are the standard baking potatoes. They are excellent baked and are the best potatoes for frying.</td>
</tr>
<tr>
<td>I.</td>
<td>From a different botanical family than ordinary potatoes. Two types are commonly available. One has a yellow flesh and a dry mealy texture white sweet potato. The other has a darker orange, moister flesh and is high in sugar.</td>
</tr>
</tbody>
</table>
### STARCHES - WORD SCRABBLE EXERCISE

Match the definition to the mixed up word and correctly spell

<table>
<thead>
<tr>
<th>Nbwon cire</th>
<th>dwli icer</th>
<th>tamsabi crie</th>
<th>obraori ider</th>
<th>tordevcen</th>
</tr>
</thead>
<tbody>
<tr>
<td>icer myas</td>
<td>tospaeot tewse</td>
<td>poteoats setrus</td>
<td>atpeotos erd</td>
<td></td>
</tr>
</tbody>
</table>

**A.**

This rice is prepared in the same manner as traditional rice, although it is actually the seed of an unrelated reed like aquatic plant.

**B.**

Botanically different from both sweet and common potatoes. They are less sweet than sweet potatoes. Flesh changes from creamy white to deep red.

**C.**

Is the whole natural grain of rice. This rice has a nutty flavour; its chewy texture is caused by the high fibre bran. Absorbs more water and takes longer to cook than white rice does.

**D.**

These potatoes have a thin red skin and crisp, white, waxy flesh best suited to boiling or steaming they do not have the dry, mealy texture successful baking requires.

**E.**

This rice is a round, short grained rice used primarily in Italian dishes such as risotto. It is very sticky, with a white color and mild flavour.

**F.**

Is parboiled to remove the surface starch. This procedure also forces nutrients from the bran into the endosperm. Therefore, this rice retains more nutrients than he regular milled white rice, although the flavour is the same.

**G.**

From a different botanical family than ordinary potatoes. Two types are commonly available. One has a yellow flesh and a dry mealy texture white sweet potato. The other has a darker orange, moister flesh and is high in sugar.

**H.**

One of the finest long grained rice in the world. It grows in the Himalayan foothills and is preferred in Indian cuisine. It is highly aromatic, with a sweet, delicate flavour and a creamy color. It is grown in Thailand.

**I.**

Also referred to as Idaho Potatoes, are the standard baking potatoes. They are excellent baked and are the best potatoes for frying.
WHEAT - READING AND COMPREHENSION EXERCISE

Wheat is most often milled into the wide range of flours. Wheat and wheat products derived from it are also used as starchy side dishes or ingredients in soups, salads, ground meat dishes and breads. These products include cracked wheat, bulgur, and couscous.

**Cracked Wheat** – is the whole wheat kernel broken into various degrees of coarseness. Cracked wheat can be cooked by long gentle simmering.

**Barley** - Is one of the oldest culinary grains, used by humans since prehistoric times. The most common type is pearled to produce small, round white nugget of endosperm. It has a sweet earthly flavour similar to oats. Its starchiness can be used to thicken soups or stews.

**Oats** – After rice, oats are probably the most widely accepted whole grain product in the North America diet. Oats are consumed daily as a hot breakfast cereal. It is used in breads muffins cookies and other baked goods

**STORING** – all grains should be stored in an airtight containers placed in a dark, cool, dry place. Airtight containers prevent dust and insects from entering. Airtight containers and darkness also reduce nutrient loss.

Instructions:

Read the passage about wheat and using that information, answer the questions below.

1. What is one of the most widely accepted whole grains in North America?

2. What do air tight containers prevent?

3. How do you reduce nutrient loss in grains?

4. Due to its starchiness what can barley be used for?

5. What is one way to cook cracked wheat?

6. Wheat is used as an ingredient in what types of foods?
MATCH THE DESCRIPTION ON THE RIGHT WITH THE LIST ON THE LEFT, WRITE THE NAME NEXT TO THE DEFINITION.

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Cracked Wheat</td>
<td>waxy flesh best suited to boiling or steaming</td>
</tr>
<tr>
<td>2.</td>
<td>Short grain rice</td>
<td>finest long grained rice in the world</td>
</tr>
<tr>
<td>3.</td>
<td>Russet</td>
<td>grains remain firm, fluffy and separate when cooked</td>
</tr>
<tr>
<td>4.</td>
<td>Arborio rice</td>
<td>native to the new world</td>
</tr>
<tr>
<td>5.</td>
<td>Yams</td>
<td>flesh changes from creamy white to deep red</td>
</tr>
<tr>
<td>6.</td>
<td>Oats</td>
<td>cooked by long gentle simmering</td>
</tr>
<tr>
<td>7.</td>
<td>Red Potatoes</td>
<td>quite tender and sticky when cooked</td>
</tr>
<tr>
<td>8.</td>
<td>Wild Rice</td>
<td>the seed of an unrelated reed like aquatic plant</td>
</tr>
<tr>
<td>9.</td>
<td>Sweet Potatoes</td>
<td>only grain that can be eaten as a fresh vegetable</td>
</tr>
<tr>
<td>10.</td>
<td>Brown Rice</td>
<td>different botanical family than ordinary potatoes</td>
</tr>
<tr>
<td>11.</td>
<td>Long grain rice</td>
<td>best potatoes for frying</td>
</tr>
<tr>
<td>12.</td>
<td>Potatoes</td>
<td>are consumed daily as a hot breakfast cereal</td>
</tr>
<tr>
<td>13.</td>
<td>Basmati Rice</td>
<td>rice absorbs more water and takes longer to cook</td>
</tr>
<tr>
<td>14.</td>
<td>Barley</td>
<td>Parboiled to remove the surface starch</td>
</tr>
<tr>
<td>15.</td>
<td>Converted rice</td>
<td>is very sticky, with a white color and mild flavour</td>
</tr>
<tr>
<td>16.</td>
<td>Corn</td>
<td>Can be used to thicken soups or stews.</td>
</tr>
</tbody>
</table>
## VEGETABLES & STARCHES

### GRAINS - EXERCISE

Instructions: Fill in the blanks by using the list of terms below.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>long grain, medium grain and short grain.</td>
</tr>
<tr>
<td>2.</td>
<td>fresh</td>
</tr>
<tr>
<td>3.</td>
<td>firm, fluffy and separate</td>
</tr>
<tr>
<td>4.</td>
<td>originally</td>
</tr>
<tr>
<td>5.</td>
<td>drying and grinding</td>
</tr>
<tr>
<td>6.</td>
<td>grasses</td>
</tr>
<tr>
<td>7.</td>
<td>sticky</td>
</tr>
</tbody>
</table>

**Grains** are _______ that bear edible seeds. Corn, rice, and wheat are the most significant.

**Rice** – is the starchy seed of a semiaquatic grass. Rice is used as a staple for half the world’s population. Rice is divided into three types based on seed: ________, ________ and__________.

**Corn** – is the only grain that can be eaten as a ________ vegetable. Cornmeal is made by and __________ a special type of corn known as dent, which may be yellow, white or blue.

**Long grain rice** - is most versatile and popular, the grains remain ________, _______ and ________ when cooked.

**Short grain rice** - has more starch and becomes quite tender and__________ when cooked. Italian risotto, Japanese sushi is all traditionally made with short grain rice.

**Medium Grain rice** - the appearance and starch content of medium grained rice falls somewhere in between.

**All rice is __________ brown.**
STARCHES - DEFINITION MATCH - ANSWERS

Write the name of the starch above the definition

A. **Yams**
   Botanically different from both sweet and common potatoes. They are less sweet than sweet potatoes. Flesh changes from creamy white to deep red.

B. **Wild Rice**
   Is the whole natural grain of rice. This rice has a nutty flavour; its chewy texture is caused by the high fibre bran. Absorbs more water and takes longer to cook than white rice does.

C. **Converted Rice**
   Is parboiled to remove the surface starch. This procedure also forces nutrients from the bran into the endosperm. Therefore, this rice retains more nutrients than he regular milled white rice, although the flavour is the same.

D. **Basmati Rice**
   One of the finest long grained rice in the world. It grows in the Himalayan foothills and is preferred in Indian cuisine. It is highly aromatic, with a sweet, delicate flavour and a creamy color. It is grown in Thailand.

E. **Wild Rice**
   This rice is prepared in the same manner as traditional rice, although it is actually the seed of an unrelated reed like aquatic plant.

F. **Red Potatoes**
   These potatoes have a thin red skin and crisp, white, waxy flesh best suited to boiling or steaming they do not have the dry, mealy texture successful baking requires.

G. **Arborio Rice**
   This rice is a round, short grained rice used primarily in Italian dishes such as risotto. It is very sticky, with a white color and mild flavour.

H. **Russet Potatoes**
   Also referred to as Idaho Potatoes, are the standard baking potatoes. They are excellent baked and are the best potatoes for frying.

I. **Sweet potatoes**
   From a different botanical family than ordinary potatoes. Two types are commonly available. One has a yellow flesh and a dry mealy texture white sweet potato. The other has a darker orange, moister flesh and is high in sugar.
STARCHES - WORD SCRABBLE EXERCISE - ANSWERS

Match the definition to the mixed up word and correctly spell

<table>
<thead>
<tr>
<th>Nbwon cire</th>
<th>dwli icer</th>
<th>tamsabi crie</th>
<th>obraori ider</th>
<th>tordevcen</th>
</tr>
</thead>
<tbody>
<tr>
<td>icer myas</td>
<td>tospaeot tewse</td>
<td>poteoats setrus</td>
<td>atpeotos erd</td>
<td></td>
</tr>
</tbody>
</table>

A. **Wild Rice**

This rice is prepared in the same manner as traditional rice, although it is actually the seed of an unrelated reed like aquatic plant.

B. **Yams**

Botanically different from both sweet and common potatoes. They are less sweet than sweet potatoes. Flesh changes from creamy white to deep red.

C. **Brown Rice**

Is the whole natural grain of rice. This rice has a nutty flavour; its chewy texture is caused by the high fibre bran. Absorbs more water and takes longer to cook than white rice does.

D. **Red Potatoes**

These potatoes have a thin red skin and crisp, white, waxy flesh best suited to boiling or steaming they do not have the dry, mealy texture successful baking requires.

E. **Arborio Rice**

This rice is a round, short grained rice used primarily in Italian dishes such as risotto. It is very sticky, with a white color and mild flavour.

F. **Converted Rice**

Is parboiled to remove the surface starch. This procedure also forces nutrients from the bran into the endosperm. Therefore, this rice retains more nutrients than the regular milled white rice, although the flavour is the same.

G. **Sweet Potatoes**

From a different botanical family than ordinary potatoes. Two types are commonly available. One has a yellow flesh and a dry mealy texture white sweet potato. The other has a darker orange, moister flesh and

H. **Basmati Rice**

One of the finest long grained rice in the world. It grows in the Himalayan foothills and is preferred in Indian cuisine. It is highly aromatic, with a sweet, delicate flavour and a creamy color. It is grown in Thailand.

I. **Russet Potatoes**

Also referred to as Idaho Potatoes, are the standard baking potatoes. They are excellent baked and are the best potatoes for frying.
WHEAT - READING AND COMPREHENSION EXERCISE - ANSWERS

Wheat is most often milled into the wide range of flours. Wheat and wheat products derived from it are also used as starchy side dishes or ingredients in soups, salads, ground meat dishes and breads. These products include cracked wheat, bulgur, and couscous.

**Cracked Wheat** – is the whole wheat kernel broken into various degrees of coarseness. Cracked wheat can be cooked by long gentle simmering.

**Barley** - Is one of the oldest culinary grains, used by humans since prehistoric times. The most common type is pearled to produce small, round white nugget of endosperm. It has a sweet earthly flavour similar to oats. Its starchiness can be used to thicken soups or stews.

**Oats** – After rice, oats are probably the most widely accepted whole grain product in the North America diet. Oats are consumed daily as a hot breakfast cereal. It is used in breads muffins cookies and other baked goods

**STORING** – all grains should be stored in an airtight containers placed in a dark, cool, dry place. Airtight containers prevent dust and insects from entering. Airtight containers and darkness also reduce nutrient loss.

**Instructions:**

Read the passage about wheat and using that information, answer the questions below.

1. What is one of the most widely accepted whole grains in North America?
   **Oats**

2. What do air tight containers prevent?
   **Airtight containers prevent dust and insects from entering**

3. How do you reduce nutrient loss in grains?
   **Airtight containers and darkness reduce nutrient loss.**

4. Due to its starchiness what can barley be used for?
   **Can be used to thicken soups or stews.**

5. What is one way to cook cracked wheat?
   **Cracked wheat can be cooked by long gentle simmering.**

6. Wheat is used as an ingredient in what types of foods?
   **Can be used as ingredients in soups, salads, ground meat dishes and breads.**
### STARCHES DEFINITIONS - NUMBERED WORD DEFINITION MATCH ANSWERS

Match the description on the right with the list on the left, write the name next to the definition.

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cracked Wheat</td>
<td>Red Potatoes</td>
</tr>
<tr>
<td>2</td>
<td>Short grain rice</td>
<td>Basmati Rice</td>
</tr>
<tr>
<td>3</td>
<td>Russet</td>
<td>Long grain rice</td>
</tr>
<tr>
<td>4</td>
<td>Arborio rice</td>
<td>Potatoes</td>
</tr>
<tr>
<td>5</td>
<td>Yams</td>
<td>Yams</td>
</tr>
<tr>
<td>6</td>
<td>Oats</td>
<td>Cracked Wheat</td>
</tr>
<tr>
<td>7</td>
<td>Red Potatoes</td>
<td>Short grain rice</td>
</tr>
<tr>
<td>8</td>
<td>Wild Rice</td>
<td>Wild Rice</td>
</tr>
<tr>
<td>9</td>
<td>Sweet Potatoes</td>
<td>Corn</td>
</tr>
<tr>
<td>10</td>
<td>Brown Rice</td>
<td>Sweet Potatoes</td>
</tr>
<tr>
<td>11</td>
<td>Long grain rice</td>
<td>Russet</td>
</tr>
<tr>
<td>12</td>
<td>Potatoes</td>
<td>Oats</td>
</tr>
<tr>
<td>13</td>
<td>Basmati Rice</td>
<td>Brown Rice</td>
</tr>
<tr>
<td>14</td>
<td>Barley</td>
<td>Converted rice</td>
</tr>
<tr>
<td>15</td>
<td>Converted rice</td>
<td>Arborio rice</td>
</tr>
<tr>
<td>16</td>
<td>Corn</td>
<td>Barley</td>
</tr>
</tbody>
</table>

1. Cracked Wheat **Red Potatoes**: waxy flesh best suited to boiling or steaming
2. Short grain rice **Basmati Rice**: finest long grained rice in the world
3. Russet **Long grain rice**: grains remain firm, fluffy and separate when cooked
4. Arborio rice **Potatoes**: native to the new world
5. Yams **Yams**: flesh changes from creamy white to deep red
6. Oats **Cracked Wheat**: cooked by long gentle simmering
7. Red Potatoes **Short grain rice**: quite tender and sticky when cooked
8. Wild Rice **Wild Rice**: the seed of an unrelated reed like aquatic plant
9. Sweet Potatoes **Corn**: only grain that can be eaten as a fresh vegetable
10. Brown Rice **Sweet Potatoes**: different botanical family than ordinary potatoes
11. Long grain rice **Russet**: best potatoes for frying
12. Potatoes **Oats**: are consumed daily as a hot breakfast cereal
13. Basmati Rice **Brown Rice**: rice absorbs more water and takes longer to cook
14. Barley **Converted rice**: Parboiled to remove the surface starch
15. Converted rice **Arborio rice**: is very sticky, with a white color and mild flavour
16. Corn **Barley**: Can be used to thicken soups or stews.
Grains are **Grasses** that bear edible seeds. Corn, rice, and wheat are the most significant.

Rice – is the starchy seed of a semiaquatic grass. Rice is used as a staple for half the world’s population. Rice is divided into three types based on seed: **Long grain**, **Medium grain** and **Short grain**.

Corn – is the only grain that can be eaten as a **Fresh** vegetable. Cornmeal is made by **drying and grinding** a special type of corn known as dent, which may be yellow white or blue.

**Long grain rice** - is most versatile and popular, the grains remain **Firm**, **Fluffy** and **separate** when cooked.

**Short grain rice** - has more starch and becomes quite tender and **sticky** when cooked. Italian risotto, Japanese sushi is all traditionally made with short grain rice.

**Medium Grain rice** - the appearance and starch content of medium grained rice falls somewhere in between.

All rice is **originally** brown.