

Name: _____ Class: _____

Unit 3 Study Guide

1. How many calories are in every gram of carbohydrate? _____
2. What types of food sources do we most of our carbohydrates from, (plant or animal)? _____
3. What FOOD GROUP do we get most of our carbohydrates from? _____
4. What is the main function of carbohydrates? _____
5. If you eat more carbohydrates than your body needs for energy, how will your body store them?

6. What are the three types of carbohydrates?
 - a. _____
 - b. _____
 - c. _____
7. Which is a better energy source over a prolonged period of time, (complex starches or simple sugars)?

8. Will complex starches eventually break down into simple sugars? _____
9. How many grams of fiber should the average American consume each day? _____
10. Fiber can only come from what kind of food source, (plant or animal)? _____
11. What are the other two names for fiber? _____
12. What substance must fiber have in order to "do its job" effectively? _____
13. List two negative health consequences of not getting enough fiber:
 - a. _____
 - b. _____
14. What part of fruits/vegetables have the most fiber? _____
15. What types of leavening agents do QUICK BREADS use? _____
16. What type of leavening agent does YEAST BREAD use? _____
17. What gas is produced when leavening agents react to raise quick or yeast breads? _____
18. What ingredient does yeast feed on? _____
19. What ingredient controls the growth of yeast? _____
20. What is the best way to develop gluten in YEAST breads? _____
21. What is the best way to develop gluten in QUICK breads? _____
22. Describe two characteristics of an under-mixed muffin:
 - a. _____
 - b. _____
23. Describe two characteristics of a perfectly mixed muffin:
 - a. _____
 - b. _____
24. Describe two characteristics of an over-mixed muffin:
 - a. _____
 - b. _____
25. Describe two characteristics of a perfect biscuit:
 - a. _____
 - b. _____

26. What are the two most important steps in biscuit making?
- _____
 - _____
27. Which type of rice has the most fiber? _____
28. Which type of rice is pre-cooked and then dehydrated? _____
29. When cooking rice, the lid should be _____.
30. When cooking pasta, the lid should be _____.
31. What is the RICE YIELD ratio (Dry:Cooked)? _____
32. What is the PASTA YIELD ratio (Dry:Cooked)? _____
33. If a product claims that it is "Whole Wheat", what parts of the wheat kernel must it use?

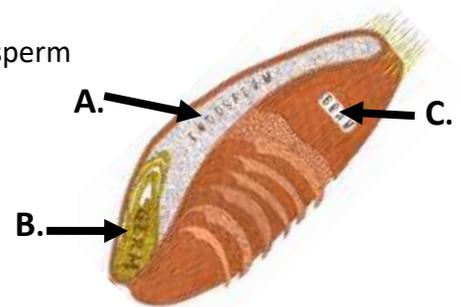
Match the part of the wheat kernel with the nutrients it provides:

Nutrients:

- _____ Fiber, Vitamins, Minerals
- _____ Starch, Protein
- _____ Unsaturated Fatty Acids, "B" Vitamins, Iron, Zinc

Parts:

- Endosperm
- Germ
- Bran



Match the basic ingredients to the purpose in a quick bread.

Purpose:

- _____ Body/Structure
- _____ Produces CO₂ to make light, airy and porous
- _____ Flavor
- _____ Tenderness, some flavor and richness
- _____ To dissolve leavening agent and provide moisture
- _____ Flavor and Browning
- _____ Color, texture and nutrients (especially protein)

Ingredients:

- Salt
- Flour
- Fat
- Leavening Agent
- Sugar
- Eggs
- Liquid

Match the type of sugar with its other common name.

- | | | |
|-----------|----------|------------------|
| 44. _____ | Sucrose | A. "Fruit Sugar" |
| 45. _____ | Fructose | B. "Malt Sugar" |
| 46. _____ | Maltose | C. "Blood Sugar" |
| 47. _____ | Lactose | D. "Table Sugar" |
| 48. _____ | Glucose | E. "Milk Sugar" |