

How Well Do You Know Grains?

Whole grain foods are awesome. They pack tons of health benefits, offer vital nutrients, and make any meal more interesting. But how well do you know the grains that could grace your table? Find out with this handy quiz!

Question #1: Which of the following is not a part of whole wheat?

- a) Bran
- b) Shell
- c) Germ
- d) Endosperm

Question #2: Which of the following grains contains gluten?

- a) Millet
- b) Buckwheat
- c) Farro
- d) Sorghum

Question #3: Fill in the blank. Whole grains _____.

- a) Help control weight and blood sugar
- b) Are the same as refined grains
- c) Are bad for your health
- d) Are low in fiber

Question #4: Which of the following elements is not part of wheat germ?

- a) B vitamins
- b) Vitamin E
- c) Fiber
- d) Starch

Question #5: Which of the following grains is high in protein?

- a) Amaranth
- b) Barley
- c) Quinoa
- d) All of the above



Answers:

1) B: Shell. Whole wheat is made up of bran, germ, and endosperm. The processed used to create refined (white) flour removes the bran and germ, leaving only endosperm which is low in fiber and nutrients.

2) C: Farro. Millet, buckwheat, and sorghum are all gluten free, as are oats, brown rice, amaranth, flaxmeal, quinoa, and teff.

3) A: Whole grains help control weight and blood sugar. MyPlate recommends that people try to make at least half of the grains they eat whole grains, every day.

4) D: Wheat germ contains vitamin E, B vitamins, fiber, iron and other minerals, and phytochemicals that may reduce your risk of chronic disease. Wheat germ is missing from white flour.

5) D: All of the above. Amaranth, barley, and quinoa are all high in protein.

How many questions did you answer correctly? If you got 4 or more, consider yourself a master of grains!

Which grain food has piqued your interest? How will you cook with it?