|  |  |  |  |
| --- | --- | --- | --- |
| Long Grain | Short Grain | Instant | Brown |
|  |  |  |  |

**RICE:**

 How to cook rice:

* What happens to rice when it’s cooked?

**PASTA:**How to store pasta:

How to cook pasta:

* What happens to Pasta when it’s cooked?

**REVIEW**: Carbohydrates serve several functions in our bodies. First they provide energy. Second carbohydrates assist in breaking down fats. Third they add fiber or bulk to your digestive system. If you don’t get enough carbohydrates in your body you will burn protein. If you get too many carbohydrates in your body, your body will convert them to fat. The bread, cereal, rice and pasta group provide most of the carbohydrates our bodies need. The bread cereal, rice and pasta group also provides fiber, B-vitamins and incomplete protein.

![MC900287119[1]]()1. What is the most important function of carbohydrates?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. What are two other functions of carbohydrates?

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. What if you don’t get enough?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. What if you get too much?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. The bread, cereal, rice and pasta group provides what four nutrients?

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**FIBER INFO**