

Recipe Diary

Grains

Directions: Match each picture to its definition.



A.



B.



C.



D.



E.



F.



G.

___ **Buckwheat** is a reddish to dark brown plant seed, which can be eaten whole, cracked (broken), hulled (processed), or toasted. Kasha is made from buckwheat and can be used in pilafs, burgers, or in casseroles.

___ **Corn** is a grain that grows on a cob with the kernels enclosed in a leafy husk. Corn can be eaten whole or ground into cornmeal, which can be made into foods such as bread or tortillas.

___ **Millet** is a small, yellow, and bead-like grain, and looks similar to corn kernels. Millet has a mild, nutty flavor and can be eaten in salads, pilafs, or mixed with pasta.

___ **Quinoa** (pronounced keen-wa), is a small, beady seed with a light flavor and texture. Quinoa can be cooked and used in salads, soups, stews, pilafs, and as a substitute for rice.

___ **Rice** comes in many different varieties and is popular world-wide. Brown rice is unprocessed and contains more vitamins and minerals than white rice, which has the outer part removed. When cooked, long-grain rice is fluffier while short-grain rice is stickier.

___ **Wheat** is also light brown and oval-shaped, but it also has a small white "nubbin" on the tip. It comes in two forms: winter wheat (planted in the fall) and spring wheat (planted in the spring). Durum wheat is the kind of wheat usually used in pasta products. Bulgur and couscous are both made from wheat.

___ **Barley** is an oval-shaped, light brown grain. You can find it in stores sold either as "pearled" or "unhulled." Pearled barley is processed, while unhulled barley is not processed and has more vitamins, minerals, and fiber. Barley can be eaten in soups, stews, hot cereals, and casseroles. You can also try adding barley to salads or stuffing.

