



# Exploring Pasta

Learn more about pasta by exploring each of the links associated with resources on the PowerPoint slide.

## Pasta Nutrition

Read through each of the statements below and determine if the information is TRUE or FALSE and write the correct answer on the line. Correct the false statements.

- \_\_\_\_\_ 1. Pasta is a good source of simple sugars.
- \_\_\_\_\_ 2. Pasta provides a slow release of energy.
- \_\_\_\_\_ 3. Pasta has no cholesterol and is low in sodium.
- \_\_\_\_\_ 4. Pasta provides up to 65% of daily fiber for each one cup portion.
- \_\_\_\_\_ 5. Pasta is a great source of folic acid for childbearing aged women.
- \_\_\_\_\_ 6. Folic acid is required by the FDA to be part of grain enriched products.
- \_\_\_\_\_ 7. Pasta can be part of a balanced diet.
- \_\_\_\_\_ 8. 25% of daily calories should come from carbohydrates such as pasta.
- \_\_\_\_\_ 9. Pasta has a low glycemic index.
- \_\_\_\_\_ 10. Pasta causes blood glucose levels to rise quickly.

## Pasta Ingredients

Identify the three ingredients that make up pasta.

## Pasta Classification

Pasta is classified by shape which influences the sauce used with it. Unscramble the classification category and then describe and draw the pasta examples in the provided boxes. Refer to the Pasta Shapes resource to assist you in your illustrations.

1. **TRIGSN**= \_\_\_\_\_ Recommended Sauce: \_\_\_\_\_  
Examples:

<b>Spaghetti</b>	<b>Vermicelli</b>	<b>Capellini (Angel Hair)</b>
Description:	Description:	Description:
Illustration:	Illustration:	Illustration:

2. **BORISNB**= \_\_\_\_\_ Recommended Sauce: \_\_\_\_\_  
Examples:

<b>Fettucine</b>	<b>Linguine</b>	<b>Tagliatelle</b>
Description:	Description:	Description:
Illustration:	Illustration:	Illustration:

3. **STBUE**= \_\_\_\_\_ Recommended Sauce: \_\_\_\_\_  
 Examples:

<b>Macaroni (Elbow)</b>	<b>Penne Rigate</b>	<b>Ziti</b>
Description:	Description:	Description:
Illustration:	Illustration:	Illustration:

4. **HAPES**= \_\_\_\_\_ Recommended Sauce: \_\_\_\_\_  
 Examples:

<b>Farfelle</b>	<b>Radiatori</b>	<b>Fusilli</b>
Description:	Description:	Description:
Illustration:	Illustration:	Illustration:

5. IMRCO-ASTAP= \_\_\_\_\_ Recommended for: \_\_\_\_\_  
Examples:

<b>Acini di Pepe</b>	<b>Anelli</b>	<b>Orzo</b>
Description:	Description:	Description:
Illustration:	Illustration:	Illustration:

### Cooking Pasta

View the video and answer the following questions about cooking pasta.

**Step 1:** \_\_\_\_\_

- How do you determine how much water to use when cooking pasta?
- What happens if you don't use enough water?

**Step 2:** \_\_\_\_\_

- How much salt should you use and why?

**Step 3:** \_\_\_\_\_

- Should you break the pasta?
- Should you add oil to the water? Explain

Step 4: \_\_\_\_\_

- Why is step 4 important?

Step 5: \_\_\_\_\_

- What does “al dente” mean?

Step 6: \_\_\_\_\_

- Draw and label the kitchen equipment used to complete this step.
  
- Should you rinse the pasta? Explain

### Colorful pasta

What ingredient makes pasta green? \_\_\_\_\_

What ingredient makes pasta red? \_\_\_\_\_

What ingredient makes pasta black? \_\_\_\_\_

What ingredient makes pasta yellow? \_\_\_\_\_

### Analyze the pasta

Scan the QR Code to access the pasta label in order to complete the following questions.

1. How large is the serving size listed on the label? \_\_\_\_\_
2. How many calories are there in one serving of pasta? \_\_\_\_\_ If your “typical” serving is 1 ½ cups, how many calories are you consuming just from the pasta?
3. Using the “points system” of reading labels, determine how many points this pasta product contains. Would you say it’s healthy or unhealthy? Explain.

**One point is assigned if food has:**  
*200 or fewer CALORIES*  
*10% or less TOTAL FAT*  
*10% or more DIETARY FIBER*  
*10% (5 grams) or more PROTEIN*  
*10% or more of any VITAMINS or MINERALS*

4. Ingredients are listed by weight in descending order (the “most” ingredient first). For this pasta product the “most” ingredient is \_\_\_\_\_ and the “least” ingredient is \_\_\_\_\_.

5. If a 16 ounce box of pasta costs \$1.39, what is the unit price? Show your work.

6. The recipe provided on the pasta box is a great example of how pasta can be prepared as a “mixed or combination” food. Eating mixed foods is an excellent way to eat a variety of foods within MyPlate. Using the recipe provided on the box, identify the food(s) representing the following food groups. If there is no food for a particular group, just write the word NONE on the line.

Name of the Recipe \_\_\_\_\_

GRAINS: \_\_\_\_\_

VEGETABLES: \_\_\_\_\_

FRUITS: \_\_\_\_\_

PROTEINS: \_\_\_\_\_

DAIRY: \_\_\_\_\_

FATS: \_\_\_\_\_

MISCELLANEOUS SEASONINGS: \_\_\_\_\_

7. Nutrition labels break down food contents by nutrients: fat, cholesterol, sodium, carbohydrates, protein, vitamins and minerals. Identify the following amounts found in pasta:

Total Fat \_\_\_\_\_%

Cholesterol \_\_\_\_\_%

Sodium \_\_\_\_\_%

Total Carbs \_\_\_\_\_%

Protein \_\_\_\_\_g.

Fiber \_\_\_\_\_%

Iron \_\_\_\_\_%

Folic Acid \_\_\_\_\_%

Riboflavin \_\_\_\_\_%

Niacin \_\_\_\_\_%

Thiamin \_\_\_\_\_%

- Based on the above information, would you say that pasta is a nutrient dense or empty calorie food? Explain.
- Is the pasta referenced above a whole grain product? Provide evidence from the label to support your response.

8. If a person had to modify their diet due to health problems associated with high cholesterol and high blood pressure, would pasta be a good food choice for them? Explain.

9. Knowing what you know about carbohydrates, would you recommend pasta for an athlete such as a cross country runner? Explain.

10. Grain products increase in bulk when they are cooked. Pasta generally doubles in size. When answering the following questions, assume **one serving equals ½ cup**.

- Stella’s recipe for pasta salad calls for 4 cups of cooked rotini. She places 4 cups of uncooked rotini in boiling water. How much rotini will she end up with? What will she have to do to the recipe if she uses all of the pasta?
- A recipe for a chicken casserole calls for 3 cups of cooked noodles. How many cups of uncooked noodles would you need to use?
- How much uncooked macaroni would be needed to serve 10 people?
- How much uncooked spaghetti would be needed to serve four people?

### Name That Pasta

Play the game and see how well you know your “Pasta”! Screenshot your final score and share it with your teacher via Google Classroom.

