**Name:** ­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PASTA WORKSHEET #2 Block:** \_\_\_\_\_\_\_\_\_ **Unit:** \_\_\_\_\_\_\_\_

Use the word bank below to complete this worksheet.

**WHAT IS PASTA?**

Pasta is made with ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and sometimes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Vegetable purees and other flavours such as herbs, chili or curry may be added as well. You can even buy chocolate flavoured pasta to make a dessert dish!

Pasta is milled from hard ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ flour, which is high in gluten and “stronger” than ordinary flour. It makes pasta that will not come apart in boiling water and lends itself to diverse shapes; ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the name for pasta flour. It is one of the coarser grinds of flour.

**NUTRITIONAL VALUE OF PASTA**

Pasta belongs to the ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food group on Canada’s Food Guide. The main nutrient provided by these foods is ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Pasta supplies high \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for growth and activity from the complex carbohydrates they contain. Many people associated pasta with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ content but in reality, it is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that are served with the pasta that may make it a high calorie food.

Pasta products are also a source of incomplete ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. These proteins are not “complete” (they are not an equivalent to a serving of meat) because they are missing 2 of the 10 essential ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ found in meats. Egg noodles are an exception because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have been added.

Pasta products are ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with three B vitamins: ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. These vitamins are added to replace the ones that are lost in the processing and refining of the pasta flour. ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is also added, making pasta quite a nutritious food.

Pasta products are digested at a moderate rate and provide not only energy, but satiety as well. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ prevents the return of hunger too soon after a meal.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Flour | Whole eggs | Proteins | Enriched | Grain Products |
| Durum Wheat | Riboflavin | Carbohydrates | Water | Eggs |
| Iron | Energy | Thiamine | Satiety | High Calorie |
| Sauces | Dressings | Semolina | Niacin | Amino Acids |

**COOKING PASTA**

Properly cooked pasta will be still \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; not soft or mushy. To avoid waste, cook only the amount you need.

Cook the pasta in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ amount of rapidly boiling water to allow the starch granules enough room to swell. Put the dry pasta \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into the boiling water so that the water continues to boil. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ends should be dipped into the water and pushed down as the rod softens. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ require careful handling to prevent tearing. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ products all expand to about twice their original size when cooked.

The addition of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is important to achieving a pleasant-tasting product. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can be added to the cooking water; it reduces the tendency for the pasta to stick together and helps to prevent the water from boiling over. Boiling over can also be prevented by lightly greasing the upper 5 cm of the saucepan.

Cooking times for pasta depends on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the product and on the brand. If the pasta is to be combined with other ingredients and then cooked further in a casserole the recommended time should be reduced by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. If it is not to be cooked further, the most satisfactory method is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to determine when it is cooked. Learning from the Italians, we say its cooked “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”, meaning tender yet chewy “to the tooth” when eaten.

As soon as the pasta is cooked enough, it should be poured quickly into a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or sieve and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Only rinse pasta if it is to be chilled for use in a salad. Then use cold water, drain and refrigerate immediately. The practice of rinsing pasta tends to prevent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ together of the cooked product, but it also rinses away some of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ nutrients.

**TEST FOR READINESS**

The pasta \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in size, changes in colour from yellow to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ flavour is lost. The most important test for doneness is texture. The pasta should be tender, yet chewy: “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| One-third | White | Spaghetti | Doubles | Drained | Pasta |
| Al Dente | Ribbon Noodles | Large | Slowly | Chewy |  |
| Thickness | Water-soluble | Taste Testing | Vegetable Oil | Colander |  |
| Starchy | Sticking | Al Dente | Firm | Salt |  |