1. Maida has wide variety of uses from fast food, baked food and several varieties of sweets. It is made from the endosperm and developed from the starchy white part of the grain. What is ‘Maida’?
   a. Refined wheat flour
   b. Whole wheat flour
   c. Coarsely ground endosperm of wheat
   d. All of the above

2. It is the hybrid cross between wheat & rye. Used for both human food and livestock feed, it is the first species of an agricultural crop produced scientifically by humans.
   a. Semolina
   b. Pasta
   c. Triticale
   d. Macaroni

3. Also called converted rice, parboiled rice has been partially boiled in the husk. Parboiling makes rice easier to process by hand and boosts its nutritional profile. Parboiled white rice is 80% nutritionally similar to brown rice and contains sufficient amount of:
   a. Fat
   b. Iron
   c. Thiamine
   d. Sodium

4. Zea mays L., an important cereal crop is a source of nutrition as well as phytochemical compounds. It is believed to have potential anti-HIV activity due to the presence of Galanthus nivalis agglutinin (GNA) lectin. It is a large grain plant first domesticated by indigenous peoples in southern Mexico about 10,000 years ago.
   a. Ragi
   b. Maize
   c. Rice
   d. Wheat

5. Gluten, a composite of storage proteins is appreciated for its viscoelastic properties. It gives elasticity to dough, helping it rise but also triggers coeliac disease, non-coeliac gluten sensitivity and gluten ataxia. Which of the following cereals contains Gluten?
   a. Millet
   b. Wheat
   c. Sorghum
   d. Rice

6. Constipation is a complaint most people have about their digestive systems, this is most likely due to a lack of fiber consumption in their diets. Which layer of the cereal relieves constipation?
   a. Bran
   b. Germ
   c. Endosperm
   d. All of the above

7. Aleurone is a protein found in protein granules of maturing seeds and tubers. In cereals, the aleurone layer releases organic and phosphoric acids in order to maintain the pH of the endosperm. The process of removing aleurone layer is called:
   a. Hand pounding
   b. Polishing
   c. Milling
   d. Whitening

8. Also known as pilaf method, used for cooking grains that involves sautéing the grain in oil or butter before adding the liquid. It is a combination cooking method that uses both dry and wet heats.
   a. Boiling
   b. Steaming
   c. Braising
   d. Risotto method
9. Rice bran oil is the oil extracted from the hard outer brown layer of the rice. It is an edible oil which is used in the preparation of vegetable ghee and also as a substitute for carnauba wax in cosmetics, confectionery and polishing compounds. It is rich in:
   a. Butyric acid
   b. Gamma oryzanol
   c. DHA
   d. Tocopherol

10. A small bead shaped grain. It has an ivory colour and a neutral flavor. It cooks quickly and is high in protein. It is a pseudocereal and originated in the Andean region of Peru, Bolivia and Chile.
   a. Triticale
   b. Couscous
   c. Semolina
   d. Quinoa

11. Brewing grains are the heart and soul of beer. They provide the sugars that yeast ferment. They are the primary source of beer colour and a major contributor to beer flavour, aroma, and body. Which brewing grain is majorly used in beer making?
   a. Barley
   b. Maize
   c. Oats
   d. Rice

12. Also called great millet, this cereal grain plant belongs to the grass family Poaceae. In India known as jowar, the plant likely originated in Africa. This gluten-free grain is high in carbohydrates and is also used in making edible oil.
   a. Wheat
   b. Sorghum
   c. Barley
   d. Maize

13. Pasta is a staple food of traditional Italian cuisine. It is largely made of carbohydrates mainly starch with moderate amounts of protein and manganese. Pasta is made from:
   a. Durum wheat flour
   b. Bromated wheat flour
   c. Bleached wheat flour
   d. Farina wheat flour

14. *Pennisetum glaucum* is the most widely grown type of millet in Africa and the Indian subcontinent since prehistoric times. The crop grows easily due to its ability to withstand harsh weather conditions like drought and flood. In India, Pearl millet is commonly known as:
   a. Rice
   b. Millet
   c. Bajra
   d. Gawri

15. Dhokla is a fermented food item that originates from Gujarat. This type of food contain water-soluble fibers such as β-glucan, arabinoxylan, etc. which are digested by selective groups of LAB (Lactic acid bacteria). It is typically prepared from:
   a. Rice & Black gram
   b. Rice & Red gram
   c. Rice & Bengal gram
   d. Rice & Brown gram

ANSWERS:

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