Intro to Pasta

Name:

Date:

Definitions (found pgs 383-391 in the textbook food for life):

|  |  |
| --- | --- |
| Al Dente |  |
| Garnish |  |
| Pasta |  |
| Carbohydrate |  |
| Metabolic rate |  |
| Disaccharides |  |
| Simple Carbohydrates |  |
| Celiac Disease |  |
| Monosaccharides |  |
| Carbohydrate Loading |  |

Questions (found pgs 276-277 in the textbook food for life):

1. What type of noodle is served in the Northern Regions?
2. What are the three examples given of the Pastas served in the Northern Regions?
3. In the Southern regions cooks use oil instead of butter, why?
4. What is ravioli?
5. Fill in the table below with the various types of cheeses found in Italy.

|  |  |
| --- | --- |
|  | Blue-veined cheese with a lightly spiced, sharp flavour.  |
| Mozzarella |  |
|  |  |
| Parmesan |  |
|  | A fresh, unsalted cheese similar to cottage cheese. It is used in sandwiches and lasagnas |