

Basics of Grains & Cooking

Grains are staple foods and provide essential carbohydrates, fiber, and nutrients.

Types of Grains:

- Rice: Common in Asian diets, rich in carbohydrates.
- Wheat: Used in bread, chapati, pasta, bakery products.
- Maize (Corn): Consumed boiled, roasted, or ground into flour.
- Millets: High in fiber and minerals (Ragi, Jowar, Bajra).

Cooking Basics:

- Wash grains before cooking to remove dust and excess starch.
- Soak grains to reduce cooking time and improve digestibility.
- Proper storage prevents pest infestation.

Nutritional Value:

- Rich source of energy.
- Provide dietary fiber for digestion.
- Contain vitamins (B-complex) and minerals.

Food Science Insight:

- Fermentation improves nutrient absorption.
- Mixing grains with legumes enhances protein quality.