DISCOVERING WHOLE GRAINS

Supplies

Display Material
• What is a Grain poster

Be A Whole Grain Detective
• Be A Whole Grain Detective handout
• Boxes of cereal, crackers, etc.
• Regular crackers

Whole Grain Tortilla Snack
• Whole grain tortilla
• Chocolate hazelnut spread
• Peanut butter
• Sliced bananas

• Whole grain crackers
• Tasting cups/plates

• Sliced strawberries
• Oats
• Wheat germ
• Ground flax seeds
• Plates
• Plastic knives
• Tasting bowls

Lead volunteer

1. Welcome kids to “Discovering Whole Grains” station. Divide them evenly into groups among the volunteers.

2. Explain the importance of eating whole grains each day. Any food made from wheat, rice, oats, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals and tortillas are examples of grain products.

3. Kids should eat approximately 5 to 8 ounces of grains each day. At least half should be whole grains. 1 slice of bread or ½ cup of cooked rice or pasta can be considered the equivalent of 1 ounce.

4. What’s the difference between whole grain and refined grain? Whole grains contain all three parts of the plant kernel and provides the most nutrition. Examples of whole grains are brown rice and whole-wheat bread. Refined grains are stripped of the nutritious bran and germ. Examples of refined grains are white flour and white rice.

5. Move into group activity to further explore whole grains…
Group volunteers

1. Pass out and review the “Be A Whole Grain Detective” handout.

2. Have the kids examine boxes of cereal, crackers, etc. to identify which ones are made with whole grains and which ones are made with refined grains.

3. Perform a “blind” taste test. Have the kids try regular crackers and whole grain crackers and see if they can identify the whole grain one. Encourage them to switch to whole-grain varieties at home.

4. Pass out tortillas and have kids prepare their own healthy tortilla by choosing a spread and adding fruit and whole grain toppings.

5. While the kids are eating, ask them to think of some ways they can add whole grain to every meal.

a. Switch to whole grain food items, such as bread, crackers, cereal.

b. Mix whole grain varieties of rice and pasta with refined varieties.

c. Add whole grains to soups, stews and casseroles.

d. Sprinkle whole grains on yogurt, cereal and oatmeal.

6. Explain that it's important to give new foods a try – you never know what you might like! Sometimes you need to try new foods more than once to get used to the taste and decide if you like it. People’s tastes also change over time – next year you might like a food that you didn’t like today. (this message will be reinforced at every station)
In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the Grains Group.

<table>
<thead>
<tr>
<th>AMOUNT THAT COUNTS AS 1 OUNCE EQUIVALENT OF GRAINS</th>
<th>COMMON PORTIONS AND OUNCE EQUIVALENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagels (whole wheat) 1 “mini” bagel</td>
<td>1 large bagel = 4 ounce equivalents</td>
</tr>
<tr>
<td>Breads (100% whole wheat) 1 regular slice</td>
<td>2 regular slices = 2 ounce equivalents</td>
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<tr>
<td>1 small slice French</td>
<td></td>
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<tr>
<td>4 snack-size slices rye bread</td>
<td></td>
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<tr>
<td>Bulgur (cracked wheat) ½ cup cooked</td>
<td></td>
</tr>
<tr>
<td>Crackers (100% whole wheat, rye) 5 whole wheat crackers</td>
<td></td>
</tr>
<tr>
<td>2 rye crispbreads</td>
<td></td>
</tr>
<tr>
<td>English muffins (whole wheat) ½ muffin</td>
<td>1 muffin = 2 ounce equivalents</td>
</tr>
<tr>
<td>Muffins (whole wheat) 1 small (2½” diameter)</td>
<td>1 large (3½” diameter) = 3 ounce equivalents</td>
</tr>
<tr>
<td>Oatmeal ½ cup cooked</td>
<td></td>
</tr>
<tr>
<td>1 packet instant</td>
<td></td>
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<tr>
<td>1 ounce (½ cup) dry, regular or quick</td>
<td></td>
</tr>
<tr>
<td>Pancakes (WG*: whole wheat, buckwheat) 1 pancake (4½” diameter)</td>
<td>3 pancakes (4½” diameter) = 3 ounce equivalents</td>
</tr>
<tr>
<td>2 small pancakes (3” diameter)</td>
<td></td>
</tr>
<tr>
<td>Ready-to-eat breakfast cereal (toasted oat, whole wheat flakes) 1 cup flakes or rounds</td>
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<tr>
<td>1½ cup puffed</td>
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<tr>
<td>Rice (brown, wild) ½ cup cooked</td>
<td>1 cup cooked = 2 ounce equivalents</td>
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<tr>
<td>1 ounce dry</td>
<td></td>
</tr>
<tr>
<td>Pasta–spaghetti, macaroni, noodles (whole wheat) ½ cup cooked</td>
<td>1 cup cooked = 2 ounce equivalents</td>
</tr>
<tr>
<td>1 ounce dry</td>
<td></td>
</tr>
<tr>
<td>Tortillas 1 small flour tortilla (6” diameter)</td>
<td>1 large tortilla (12” diameter) = 4 ounce equivalents</td>
</tr>
<tr>
<td>1 corn tortilla (6” diameter)</td>
<td></td>
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</tbody>
</table>
Be a Whole Grain Detective
Search out tasty whole grains using these clues.

A good detective always knows to check the food label…
The first ingredient should always be a whole grain. You may see:

- Whole [name of grain, like wheat, rye, or oats]
- Whole grain [name of grain, like barley, flour, or cornmeal]
- Bulgur
- Buckwheat
- Millet
- Oatmeal
- Quinoa
- Brown rice
- Wheatberries

…and is never fooled by fakes!

- Don’t be fooled by the other ingredients! Any whole grains listed after the first ingredient may be only a very small part of the product.
- Don’t be fooled by the name! Just because it says “wheat” or “multigrain” in the name doesn’t mean it’s a whole grain.
- Don’t be fooled by the color! Just because it’s brown doesn’t mean it’s a whole grain.