

Make Half Your Grains Whole!

Eat More Whole Grains

Lesson 4 at a Glance

Play Active Opening Games – 10 minutes

Bridge from Lesson 3 – 3 minutes

Anchor – 5 minutes

- Children move to show they like or don't like a variety of whole grain foods.

Add – 10 minutes

- Children pass around bags of whole and refined grains to visualize the differences.
- Show children how bran and germ are removed when grains are refined. Whole grains have more nutrients and fiber.
- Show how to find whole grains in ingredient list, and fiber on Nutrition Facts Label.

Apply – 15 minutes

- Children read labels using ingredient lists and fiber content to determine if a product is whole grain or not.

Away – 5 minutes

- Set a goal to eat more whole grain foods this week!

Bridge to Lesson 5 – 2 minutes

Play Active Closing Games – 10 minutes

Food Prep – 10-20 minutes



Lesson Details

Time: 70-90 minutes

Learners will:

- Picture how nutrients and fiber are removed when grains are processed
- Practice deciding if a food is made from whole grains
- Taste a whole grain food

Opening Active Games:

Musical Hoops
Chair Aerobics

Closing Active Games:

Stretch As If
Heart Alert

Handouts:

4-1 Bread-in-a-Bag Recipe (Optional)
4-2 Family Newsletter

Visual Aids:

Scanned Food Packages
4-V-1 Like It/Don't Like It Sign

Posters:

3-2 Lesson 3 Healthy Step Goal-Setting
4-1 Make Half Your Grains Whole!
4-2 Whole Grain Parts
4-3 Read the Label: Bread
4-4 Take a Healthy Step Goal-Setting

Food Prep:

Oatmeal Pancakes
Veggie Pick-Pockets
Bread-in-a-Bag (optional)

Materials and Supplies to Gather

Handouts	4-1 Bread-in-a-Bag Recipe		Optional: 1 copy per child to send home
	4-2 Family Newsletter: Make Half Your Grains Whole		1 copy per child; back-to-back
Visual Aids	4-V-1 Like It/Don't Like It Signs		Print 1 copy, cut apart; laminate or cardstock
	Scanned Food Packages (16 provided), or real packages that vary in whole grains and fiber		Print on cardstock, in color, insert in plastic sleeves.
Posters	3-2 Lesson 3 Take a Healthy Step Goal-Setting (for Bridge from Lesson 3)		
	4-1 Make Half Your Grains Whole!		
	4-2 Whole Grain Parts		
	4-3 Read the Label: White and Whole Wheat Breads Print extra 8.5x11 copies, 1 per 2-3 children, for easier viewing		
	4-4 Take a Healthy Step Goal-Setting		
Teaching Supplies	<input type="checkbox"/> Nametags, attendance sheet, pencils		
	For Add, small, sturdy plastic bags of various grains such as those listed below. Label each bag.		
	Refined Non-Whole Grains	Whole Grains	
	<input type="checkbox"/> white rice <input type="checkbox"/> white flour <input type="checkbox"/> pearled barley <input type="checkbox"/> degermed yellow cornmeal	<input type="checkbox"/> whole wheat flour <input type="checkbox"/> brown rice <input type="checkbox"/> quinoa <input type="checkbox"/> whole barley (not pearled) <input type="checkbox"/> bulgur <input type="checkbox"/> wild rice	<input type="checkbox"/> whole oats/oatmeal <input type="checkbox"/> popcorn <input type="checkbox"/> rye flour <input type="checkbox"/> millet <input type="checkbox"/> whole grain or blue cornmeal
	For Apply: Scanned or real food packages noted in Visual Aids above.		
Cooking Equipment	<u>Oatmeal Pancakes</u> <input type="checkbox"/> Measuring cups and spoons <input type="checkbox"/> Mixing bowl and spoon <input type="checkbox"/> Large frying pan (electric or stove-top) <input type="checkbox"/> Fork or egg beater, spatula	<u>Veggie Pick-Pockets</u> <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Grater (optional) <input type="checkbox"/> Paring knife	<u>Bread-In-A-Bag</u> <input type="checkbox"/> 1-gallon re-sealable freezer bag (1 per child) <input type="checkbox"/> Measuring cups and spoons <input type="checkbox"/> Pre-baked loaf <input type="checkbox"/> Optional: Disposable bread pans, 1 per child
	<u>Oatmeal Pancakes for 12</u> <input type="checkbox"/> ¾ cup oats <input type="checkbox"/> 1½ cups fat-free milk <input type="checkbox"/> ¾ cup all purpose flour <input type="checkbox"/> ½ cup whole wheat flour <input type="checkbox"/> 2 tablespoons sugar <input type="checkbox"/> 1 tablespoon baking powder <input type="checkbox"/> 1 teaspoon salt <input type="checkbox"/> 2 eggs, beaten <input type="checkbox"/> 2 tablespoons oil <input type="checkbox"/> 3 cups unsweetened applesauce, cinnamon	<u>Veggie Pick-Pockets for 12</u> <input type="checkbox"/> 12 whole wheat mini pita pockets <input type="checkbox"/> 1 cucumber, diced <input type="checkbox"/> 3 carrots, slivered or grated <input type="checkbox"/> ¼ cup low-fat creamy salad dressing	<u>Bread-In-A-Bag</u> <input type="checkbox"/> 1 cup all purpose flour <input type="checkbox"/> 2 cups whole wheat flour <input type="checkbox"/> 1 package rapid rise yeast <input type="checkbox"/> 2 tablespoons sugar <input type="checkbox"/> 3 tablespoons nonfat dry milk <input type="checkbox"/> 1 teaspoon salt <input type="checkbox"/> 1 cup very warm water (125-130 F) <input type="checkbox"/> 1 tablespoon vegetable oil
Game Supplies	<input type="checkbox"/> Lively music, music player <input type="checkbox"/> 1 hula hoop for every 2-3 children <input type="checkbox"/> Boundary markers and tagging balls		

Background: Why Eat More Whole Grains?

Whole grain foods are nutritious!

Whole grains are an important source of fiber, vitamins and minerals. They also contain phytonutrients, compounds occurring naturally in plants that help promote health and prevent cancer.

What are whole grains?

Whole grain foods are made from the entire grain seed, called the kernel. The kernel has three components: bran, germ, and endosperm. The bran is the fiber-rich outer shell, the endosperm is the starchy middle layer, and the germ is the nutrient-packed inner layer.

Why are whole grains more nutritious than refined grains?

Refined grains are whole grains that have gone through a milling process in which most of the bran and germ is removed. This is done to give grains a finer texture and improve their shelf life, but it results in the loss of fiber, vitamins, and minerals. While most refined grains are enriched, which means that some nutrients are added back, they still lack the fiber, phyto-chemicals, and other nutrients of whole grain.

Whole grains and fiber help prevent disease

In addition to keeping more of their nutrients, whole grains contain dietary fiber. Fiber can prevent constipation and provide needed bulk for normal functioning and health of the gastrointestinal tract. Because fiber helps gather and eliminate cholesterol, a high fiber diet is associated with a lower risk of heart disease, as well as some cancers and diabetes. Diets rich in whole grains and fiber may also help with weight maintenance. Note that some whole grains have more fiber than others, for example whole wheat is high, brown rice is low, but both are still healthier than their refined counterparts.

Grains are low-fat

Grains are naturally low in fat. Sometimes fats like butter or margarine, or sauces, are added to grains when they are prepared or served, but the grains themselves are low-fat.

How much is needed?

Most Americans consume enough grain products, but most are refined grains. At least half of all grain products eaten should be made with whole grains. In terms of fiber, 25 grams of fiber per day is recommended for a typical 2000 calorie diet. See Grains tip sheet at ChooseMyPlate.gov for more detail.

What are some examples of whole grains?

Whole grains include whole wheat, brown rice, oats, popcorn, blue cornmeal and other whole-grain corn (note that most yellow cornmeal is enriched and degermed, not whole grain), whole rye, whole barley (not “pearled”), bulgur, kasha, quinoa, millet, wild rice, and Graham flour. If the label just says “wheat flour” or “rice” or “corn” it is NOT a whole grain. Note that couscous is not a whole grain; it is a pasta made from wheat, usually refined wheat.

How can I tell if a food is made with whole grain?

Be careful of whole grain claims on the front of a package – sometimes there is only a small amount of whole grains! Instead, on the ingredient list, look for foods with a whole grain listed as the first or second ingredient—for example, whole wheat flour, whole oats, whole grain corn, or brown rice. Also look at fiber on the Nutrition Facts Label. When comparing similar products containing the same whole grain, higher fiber usually indicates more whole grain.

Encourage Great Group Behavior during Lesson 4!

For Younger Ages:

- Be ready to help young children measure accurately if you opt to make Bread-in-a-Bag with them.

For Older Ages:

- Have them line up without talking during the Apply, for more fun and challenge.

During Active Games:

- Practice on your own with a selected song before leading Chair Aerobics with children.

Bridge from Lesson 3:

- Use Poster 3-2 to remind children of healthy step goals they set at the end of Lesson 3.

During the Anchor:

- Encourage children to respect each others' likes and dislikes of different whole grain foods.
- In schools, get a lunch menu or contact the food service director to find out what whole grain items the children are offered. In other settings, ask what whole grains are part of their snacks.

During the Add:

- If you can, show children how grains grow by having stalks of wheat or other grains.
- Optional: If you have the resources, consider printing and laminating the optional 3-part visual (on the website) to interactively show how the outer and inner layers are removed and just starch is left.

During the Apply:

- To help children line up, put signs '0-1 Grams Fiber' and '5 or More Grams Fiber' on either side.
- The number of packages used in the Fiber Relay Race should equal the number of children, so add scanned grain packages from Lesson 3, or real ones, if needed.
- If short on time, ask kids to form more smaller teams if space allows, as four teams of 4 will take less time to complete the task than two teams of 8, and children will stay more engaged.

During the Away:

- Briefly re-state the main message of the lesson so it's the last thing kids hear.

During the Bridge to Lesson 5:

- Give a very quick preview of the next lesson, tying the topic to the lesson you just taught.

During Food Prep:

- Remind children about hand washing and kitchen safety.
- Allow extra time if you opt to make Bread-in-a-Bag. Have extra bags on hand in case any break. Be prepared to clearly explain when the bread dough should be baked (with parents' help) or how to store it if they can't bake it right away. Send home:
 - Copies of the recipe (Handout 4-1) so that they and their families will know how to bake the bread dough they take home.
 - Disposable bread pan for each child to bake the bread (optional).

4-1 Musical Hoops



Equipment	<ul style="list-style-type: none"> • 1 hula-hoop for every 2-3 children • Music and music player (CD player, MP3 with speakers, etc.)
Set Up	<ul style="list-style-type: none"> • Scatter hoops within play area boundaries
How to Play	<p>Say,</p> <ul style="list-style-type: none"> • Each time I turn the music on, I'll ask you to move around the space in a different way (walk, hop, slide, like a monkey, etc.) • When I stop the music (at 10-20 second intervals), quickly step inside a hoop. • Then we'll play it again with one less hoop. • How many kids will one hoop hold? As many as you need it to! • (Take a hoop away each time you start music again so children gradually have to squeeze together to fit into the only remaining hoop.)
For Young Children	<ul style="list-style-type: none"> • Explain that this game is like Musical Chairs, which they may already know how to play.
In a Small Space	<ul style="list-style-type: none"> • Play Musical Chairs instead, having children who get out do a re-entry task so they can come back in after the next round of music.
Source	Used with permission from the CATCH program, licensed by Flaghouse Inc and the Board of Regents, University of California at San Diego.

4-2 Chair Aerobics



Equipment	<ul style="list-style-type: none"> • Music (any high-energy song) • Music player
Set Up	<ul style="list-style-type: none"> • Have children sit in chairs or on benches, an arm-span between them, with you sitting on a chair facing them.
How to Play	<p>Say,</p> <ul style="list-style-type: none"> • When I put on the music, we're going to 'dance' while sitting in our chairs. Just follow my moves, and do what I do. <p>Play the music and do a series of moves that fit the music such as:</p> <ul style="list-style-type: none"> • Kicks: doubles (2 right, 2 left) and singles (1 right, 1 left) • Arms: circles (forward, backward); raises (above head, one at a time, both together); from sides like wings, etc.; twists (push right hand to left side while twisting at waist, repeat to left, etc.) • Claps: high above head, at waist or chest level, under one leg, etc. • Shoulders: shrugs to ears, tip right ear to right shoulder, then left ear to left shoulder, etc.
For Young Children	<ul style="list-style-type: none"> • Simplify and repeat moves.
Up the Challenge	<ul style="list-style-type: none"> • Give children a chance to lead the movements.

The Lesson

Opening Active Games: 10 Minutes

- Play the games “Musical Hoops” and “Chair Aerobics” with the children.

Bridge from Lesson 3: 3 minutes

Say,

- Who remembers how we can find out what’s in the food we eat?
- Right! We can **read the label** to find out lots of things about the food we eat. What can we learn from the Nutrition Facts Label?
- Right! We can learn about **servings size, fat, sugar, and lots more.**
- Who would like to share a healthy step they took in the last week?

- Show children Poster 3-2 and read goal options children might have selected at the end of Lesson 3.

- Today we’re going to look at labels again – to find out more about the grains we eat. Are you ready to start?

POSTER 3-2: THE NUTRITION FACTS LABEL CHOOSE HEALTH: FOOD, FUN, AND FITNESS
GOAL-SETTING

Take a Healthy Step!

Choose one action you’ll take in the coming week.

I will:

- Read a Nutrition Facts Label when shopping or cooking!
- Share a Nutrition Facts Label with an adult!
- Choose snacks low in fat and sugar!
- Play a game I learned today!
- Try a recipe from today!
- My own idea: _____

Signed: _____

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Anchor: 5 minutes

POSTER 4-1: EAT MORE WHOLE GRAINS CHOOSE HEALTH: FOOD, FUN, AND FITNESS

Make At Least Half Your Grains Whole!

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- Show children Poster 4-1 Make Half Your Grains Whole.
- Set-up: Divide the room in half with an imaginary line between two points. Designate one half “I like it” and one half “I don’t like it or haven’t tried it” using the signs on Visual Aid 4-V-1.

I like it!

I don't like it – or have never tried it.

Say,

- Today's lesson is about the statement "Make half your grains whole."
- This means we should try to make sure that half of the grain foods we eat are made from whole grains.
- I'm going to call out some whole grain foods. As I call out each food, move to this side of the room if you like to eat this whole grain food and move to the other side if you don't like it or have never tried it.

- Show children Visual Aids 4-V-1 signs "Don't Like It/Haven't Tried It" and "Like It" that you have posted on either side of the room.
 - If space is limited, ask children to stand/sit rather than move to one side or the other when you call out a food.
- Call out whole grain food items such as popcorn, raisin bran, whole wheat bread, oatmeal, brown rice, rice cakes, granola bars, barley, quinoa (pronounced *keen-wah*), and tortilla chips.
- Hold up real packages of these foods if you have them. See supply list for additional examples.
- Ask children to return to their seats when you're done.

Add: 10 minutes

Say,

- So there are lots of different whole grain foods, some you know well and some that may be new to you. We also eat lots of grains that are not whole grain.
- Here are some actual samples of grains.

- Pass around labeled clear plastic bags of whole grains such as whole wheat flour, oats, brown rice, and popcorn, and refined grains such as white flour, white rice, and pearly barley. See supply list for additional examples.
- Ask children to pass the bags around so everyone gets to see each bag, then distribute them again so that most children have a bag to hold or to share with a partner or two.

Say,

- Grains are the seeds of plants.
- Some grains we eat as whole seeds. Who has a bag of whole seeds that we might eat (after cooking)?

- Ask children to hold up bags of whole grain seeds such as brown rice, popcorn, barley, quinoa, millet, etc.

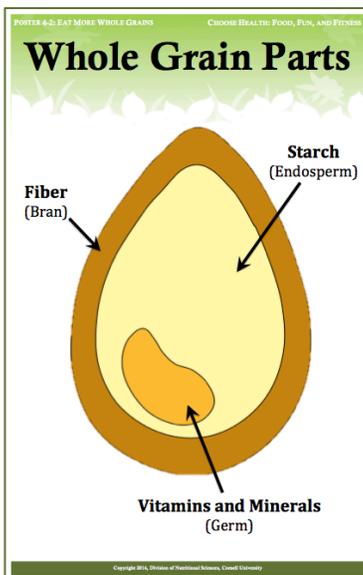
Say,

- Some grain seeds are ground into meal or flour before we eat them. Who has a bag of flour you can hold up?

- Ask children to hold up bags of flour – white flour (refined wheat), whole wheat, rye, other flour varieties, corn meal.

Say,

- What do we eat that is made of flour?
- Right! Bread, cake, cookies, crackers, and so on, are all made from flour.
- Many of these grain foods, and others we eat, are made from refined or processed grain, which means some parts of the seeds are removed.
- Let's look at what gets taken away when a whole grain is refined.



- Use Poster 4-2 to show what a whole grain seed looks like, and how the healthy fiber, vitamins, and minerals are lost when the bran and germ are removed as it is processed into a refined grain.

- Optional: To help children visualize this process, have them think about corn on the cob. The skin of each corn kernel is the fiber part that is removed. When you pop the kernel out of the skin, the little "tail" part is the germ (can grow into a new corn plant, so full of nutrients), which is also removed, and the white milky part that is left is the starch. This is dried and made into corn meal for things like corn flakes, cheese curls, and corn bread.

Say,

- First the outer layer, known as the “bran” or “hull,” is removed, which takes away the fiber part of the grain.
- Fiber is healthy – it helps us move food through our body, keeps our digestive system working well and decreases our risk of heart disease, cancer, and diabetes.
- The inner part of the seed, called the germ, is also removed.
- The germ is what becomes the baby plant, and is packed with healthy nutrients.
- So when the outer part and the inner part are removed, fiber, vitamins, and minerals are lost, and all we have left is starch.
- Look again at the bags of grains. Which do you think are refined grains with the fiber and nutrients removed? Do they look different?
- Right! White flour and white rice are refined grains.

- Help youth to see the differences in color and texture between white flour (refined) and whole wheat flour, and between white rice (refined) and brown rice.

Say,

- Foods like cakes, cookies, and pastries are usually made with white flour, so they only have starch and don't have the fiber and nutrients of whole grains.
- Foods like whole wheat bread and whole grain cereals are made with whole grains, so they have all three parts of the seed and have more fiber, vitamins, and minerals.
- Eating whole grains helps us stay healthy and prevents diseases like diabetes, cancer, and heart attacks.
- That's why it's important to make at least half your grains whole. That is, make sure half of the grain foods you eat are whole grains.

- Point back to Poster 4-1 Make Half Your Grains Whole.

Say,

- So let’s talk about how can you make half your grains whole.
- The good news is that there are many whole grain foods that taste great!
- But it takes some detective work to find out whether something is made from whole grains.
- Let’s find out how to tell if a food is made from whole grains or not.
- We need to use the Ingredient List and the Nutrition Facts Labels, and know what to look for

Poster 4-3: Eat More Whole Grains

Read the Label!

White Bread		Whole Wheat Bread	
Nutrition Facts		Nutrition Facts	
Serving Size 1 slice Servings Per loaf 12		Serving Size 1 slice Servings Per loaf 12	
Amount Per Serving		Amount Per Serving	
Calories 130	Calories from Fat 15	Calories 120	Calories from Fat 15
% Daily Value*		% Daily Value*	
Total Fat 1.5g	2%	Total Fat 1.5g	2%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 200mg	8%	Sodium 200mg	8%
Total Carbohydrate 25g	8%	Total Carbohydrate 24g	8%
Dietary Fiber 1g	3%	Dietary Fiber 3g	12%
Sugars 1g		Sugars 1g	
Protein 2g		Protein 4g	
Vitamin A 0%	Vitamin C 0%	Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%	Calcium 0%	Iron 8%
<small>*Percent Daily Values are based on a diet of 2,000 calories.</small>		<small>*Percent Daily Values are based on a diet of 2,000 calories.</small>	
<small>Your daily values may be higher or lower depending on your calorie needs.</small>		<small>Your daily values may be higher or lower depending on your calorie needs.</small>	
12% calories from fat		12% calories from fat	
INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, VEGETABLE OIL, SUGAR, YEAST, SALT		INGREDIENTS: WHOLE WHEAT FLOUR, WATER, VEGETABLE OIL, SUGAR, YEAST, SALT	

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- Show Poster 4-3: Read the Label: Breads to children.
- Also pass out 8.5x11 inch versions of this poster, 1 per 2-3 children, for easier viewing.

Say,

- Look at these two labels and ingredient lists, one from whole wheat bread and one from white bread.
- Let’s look first at the ingredient list.
- Ingredients are listed in order with the biggest amount first.
- Healthier foods have a whole grain listed as the first or second ingredient, usually with the word “whole.”
- The most common whole grain ingredients are whole wheat, whole oats, and whole grain corn.

- Optional: Share that some other whole grain ingredients are rye flour, brown rice, wild rice, and barley.
- Point back to the labels on Poster 4-3.

Say,

- Which of these breads has the word ‘whole’ in its Ingredient List as the first or second item?
- Right! The **whole wheat bread** is a whole grain.

Apply: 10 Minutes

Say,

- Now let’s look at some other foods you might eat.

- Pass out scanned or real food packages (See Supply List), one per child, some with whole grain listed as the first or second ingredient and some with no whole grain.
- For a large group, add scanned grain packages from Lesson 3.



Say,

- Find the Ingredient List on your product.

- Help children find the ingredient lists on their products either next to the Nutrition Facts Label or somewhere else on the product label.
- Tell them to look for the word “whole” to see if they can find whole wheat, whole oats, or whole grain corn, also called ground corn.
- (Note: Cornmeal is not whole grain unless it says “whole” – e.g., whole grain corn meal or stone-ground whole corn.)

Ask,

- Who has whole wheat as the first or second ingredient in one of your products?
- What about oats? Does anyone have whole oats as the first or second ingredient? How about whole grain corn, also called ground corn?
- Another way to choose healthier grain products is to look at the Nutrition Facts Label and compare the amount of dietary fiber.

- Point out where fiber is listed for each bread on Poster 4-3.

Say,

- What do you notice about the dietary fiber in whole wheat bread compared to white bread?
- **Yes, whole wheat bread has more fiber, so it is the healthier choice.**

- Encourage youth to look at their packages for fiber.

Say,

- Now let's play a game: a Fiber Relay Race.

- Collect all the packages children have been using and put them in a pile at the far end of the room (be sure to have at least one package per child).
- Have children get into 2 or 3 teams.
- Have each team line up at the near end of the room.
- On go, one child from each team will run to the pile of packages, choose one, run back and tag a team member who will do the same until everyone has gone or all the packages are gone.
- Explain that the team with the most fiber will get one point, and the team who finishes first will get a point, so they should try to pick high fiber food packages, but not spend very long searching.

After the Fiber Relay Race, say,

- In your team, add up the grams of fiber in all your packages. How many grams did you collect? Which team has the most?
- Experts say that we need to eat 25 grams of fiber every day to be healthy. Which team got closest to 25 grams?
- Who remembers what other foods have fiber besides whole grains?
- Right! Vegetables and fruits have lots of fiber!

Say,

- Now let's all line up so that the product we're holding is in order from the most fiber per serving to the least.

- Have children line up holding their products.
- To help children line up, designate one end of the line for 0-1 grams of fiber per serving and the opposite end for 5 or more grams.
- For an older group or to add to the challenge and fun, have groups line themselves up without talking!

Say,

- What surprised you about some of these products?
- Which have you tried? Which would you be willing to try?
- Why do we want to eat whole grains and products that have fiber?
- **Whole grains and fiber help us stay healthy.**
- And lots of whole grains taste great!
- So remember, try to make half the grains you eat whole grains.

Away and Goal-Setting: 5 minutes

Say

- So now you know how to find healthier grain foods, by looking for whole grain in the ingredient list, or more fiber on the Nutrition Facts Label.
- Think about a goal you could set for this week. For example, what are some ways you could try to eat more whole grain versions of grain foods you eat now?

- Share examples such as whole wheat bread or pizza crust, whole grain cereals or crackers, and brown rice.
- Show Poster 4-4 Take a Healthy Step and pass out the Family Newsletter.
- Read Healthy Step options and have children check off or write their own goal on the Family Newsletter.

HANDOUT 4-2: FAMILY NEWSLETTER CHOOSE HEALTH: FOOD, FUN, AND FITNESS

Cornell University Cooperative Extension

Make Half Your Grains Whole!

Take a Healthy Step!
Choose one action you'll take in the coming week.

- I will:
- Eat at least 1 whole grain food every day!
- Choose whole grain bread instead of white bread!
- Eat snacks like popcorn and whole grain crackers!
- Play a game I learned today!
- Try a recipe from today!
- My own idea:

Name: _____

Why Eat More Whole Grains?

Whole grains are rich in fiber, vitamins, and minerals. Eating more whole grains like **whole wheat, brown rice, oats, and whole grain corn** can help prevent heart disease, cancer, diabetes, and constipation, and help with weight control. When comparing similar grains, look at the Nutrition Facts Label and choose those with more fiber.

Help your family eat more whole grains:

- Try brown rice instead of white (cook it the same way, just longer)
- Pop popcorn kernels in oil on the stove, and add Parmesan cheese, garlic powder, or cinnamon.
- Choose whole grain bread, cereals and crackers!
- Make whole grain pancakes – see the recipe below.

Oatmeal Pancakes with Applesauce

Ingredients

- 1/2 cup quick or old fashioned oats
- 1/2 teaspoon salt
- 1 1/2 cups fat-free milk
- 2 eggs, beaten
- 1/4 cup unsifted all purpose flour
- 1 Tablespoon plus more for cooking
- 1/2 cup whole wheat flour
- 3 cups unsweetened applesauce
- 1 tablespoon sugar
- 1 tablespoon baking powder
- Cinnamon

Instructions

1. Combine oats and milk in large bowl. Let stand 5 minutes.
2. Mix flour, sugar, baking powder, and salt into medium bowl, and add.
3. Beat eggs and oil together, and add.
4. Stir only until all ingredients are combined. Mixture will be lumpy.
5. Spread a small amount of oil onto an electric griddle or pan. Heat.
6. Spoon batter onto hot pan.
7. Turn pancakes when tops are covered with bubbles and edges look cooked.
8. Serve with 1 jar unsweetened applesauce and sprinkled cinnamon.

Yield: Serves 12
Source: Cornell Cooperative Extension of Nassau County

Nutrition Facts
Serving Size: 1 pancake (1/12) | Servings Per Recipe: 12
Amount Per Serving
Calories: 140 | Calories from Fat: 30

	% Daily Value*
Total Fat 4g	8%
Saturated Fat 0.5g	1%
Cholesterol 40mg	8%
Sodium 40mg	8%
Total Carbohydrate 24g	48%
Dietary Fiber 5g	10%
Sugar 5g	10%
Vitamin A 2%	Vitamin C 2%
Calcium 15%	Iron 8%

*Percent Daily Values are based on a diet of other people's secrets. © 2010 National Health and Medical Research Council. All rights reserved.

Say,

- Check off one of these ideas to try eating more whole grain foods this week! Or think of your own goal!
- Be sure to take this newsletter home so you can share some tasty whole grain recipes!

Poster 4-4: EAT MORE WHOLE GRAINS CHOOSE HEALTH: FOOD, FUN, AND FITNESS
GOAL-SETTING

Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Eat at least 1 whole grain food every day!
- Choose whole grain bread instead of white bread!
- Eat snacks like popcorn and whole grain crackers!
- Play a game I learned today!
- Try a recipe from today!
- My own idea: _____

Signed: _____

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Bridge to Lesson 5: 2 minutes

Say

- As we've seen, a Nutrition Facts Label gives us great information, especially for foods we eat at home.
- But what about when we eat out or get take-out?
- Next week we'll find out how we can learn what's in the food we eat when we go to some of our favorite restaurants.

Closing Active Games: 10 minutes

Teach children the games "Stretch As If" and "Heart Alert."

Food Prep: 10-20 minutes

Say,

- Let's make a whole grain snack for us all to taste.

- Prepare Oatmeal Pancakes and Applesauce or Veggie Pick Pockets with the children, and/or optional Bread-in-a-Bag. See recipes.
- Encourage children to look for whole grains and fiber on Nutrition Facts Labels of recipe ingredients such as pitas, oats, and flours.

Bread-in-a-Bag (Optional):

- If making Bread-in-a-Bag, set up one station per 3-4 children, giving each child his/her own bag.
- Set up each station with necessary equipment and ingredients for each child to make one complete recipe (one loaf to bake at home).
- As children complete the recipe, ask them to wash their hands again and help clean up the work area.
- Tell children to take their bread home to bake for their families.
- Include the recipe with each child's bag of bread.
- Serve samples of a pre-baked loaf to children.

Oatmeal Pancakes with Applesauce

Ingredients

- ¾ cup quick or old fashioned oats
- 1½ cups fat-free milk
- ¾ cup enriched all purpose flour
- ½ cup whole wheat flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 eggs, beaten
- 1 Tbsp oil, plus more for cooking
- 3 cups unsweetened applesauce
- Cinnamon



Instructions

1. Combine oats and milk in large bowl. Let stand 5 minutes.
2. Mix flour, sugar, baking powder, and salt into medium bowl, and add.
3. Beat eggs and oil together, and add.
4. Stir only until all ingredients are combined. Mixture will be lumpy.
5. Spread a small amount of oil onto an electric griddle or pan. Heat.
6. Spoon batter onto hot pan.
7. Turn pancakes when tops are covered with bubbles and edges look cooked.
8. Serve with unsweetened applesauce and sprinkled cinnamon.

Yield: Serves 12

Source: Cornell Cooperative Extension of Nassau County

Nutrition Facts	
Serving Size: 1 pancake and ¼ cup applesauce (125g)	
Servings Per Recipe 12	
Amount Per Serving	
Calories	140
Calories from Fat	35
% Daily Value *	
Total Fat	4g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	40mg
Sodium	250mg
Total Carbohydrate	24g
Dietary Fiber	2g
Sugars	9g
Protein	4g
Vitamin A	2%
Vitamin C	2%
Calcium	15%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
25% calories from fat, using 1 Tbsp oil for cooking.	

Veggie Pick-Pockets

Ingredients

- 12 whole wheat mini pita pockets (4")
- 1 cucumber, diced
- 3 carrots, slivered or grated
- ¼ cup low-fat creamy salad dressing



Instructions

1. Cut each pita in half.
2. Peel and dice cucumber.
3. Grate carrots or cut into slivers.
4. Put ½ teaspoon salad dressing in each half pocket
5. Add veggies and serve.

Yield: 12 servings (2 half mini pitas per person)

Variation: Offer several choices of vegetables and let children choose and fill their own pitas. Or mix salad dressing with prepared veggies and then add to pita halves.

Source: Linda Earley, Cornell Cooperative Extension of Columbia County

Nutrition Facts	
Serving Size: 2 half mini pitas (186g)	
Servings Per Recipe: 12	
Amount Per Serving	
Calories	90
Calories from Fat	10
% Daily Value *	
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	210mg
Total Carbohydrate	23g
Dietary Fiber	3g
Sugars	2g
Protein	3g
Vitamin A	70%
Vitamin C	4%
Calcium	2%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
14% calories from fat	
Nutrition facts using low fat Ranch dressing	

Bread-in-a-Bag

Ingredients:

- 1 cup all-purpose flour
- 2 cups whole wheat flour
- 1 package rapid rise yeast
- 2 tablespoons sugar
- 3 tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup very warm water (125 - 130 F)
- 1 tablespoon vegetable oil

Instructions:

1. In a large, heavy zip-top bag, add 1 cup all-purpose flour, yeast, sugar, nonfat dry milk, and salt. Seal the bag and shake and squeeze it to blend ingredients.
2. Open the bag and add the water and oil. Reseal and continue to mix by shaking and squeezing the bag.
3. Open the bag and add enough whole wheat flour to make a stiff dough (may not need all of the 2 cups).
4. Squeeze air from bag and reseal it. Continue squeezing until bag pulls away from dough.

At Home:

1. Remove dough from bag and place on lightly floured surface. Knead dough 5 minutes or until smooth and elastic. Cover dough with clean towel and let rest for 10 minutes.
2. Shape dough and place in a greased 8x5-inch loaf pan or on cookie sheet. Cover with a clean towel; let rise in a warm place until double, about 1 hour.
3. Preheat oven to 400 F. Bake 30 to 35 minutes or until bread sounds hollow when tapped. Remove bread from pan and let cool on a wire rack.

Optional: If you don't have dry milk, use 1 cup of heated fat-free milk instead of the warm water.

Yield: About 12 servings

Source: Adapted from *Cooking Up Fun! Yeast Breads*, Cornell Cooperative Extension, Division of Nutritional Sciences, Cornell University, 2000.

Nutrition Facts			
Serving Size: 1 slice (56g)			
Servings Per Recipe 12			
Amount Per Serving			
Calories	130	Calories from Fat	15
% Daily Value *			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrate	25g		8%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	5g		
Vitamin A	0%	Vitamin C	2%
Calcium	2%	Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
12% calories from fat			





4-3 Stretch As If

Equipment	<ul style="list-style-type: none"> • None
Set Up	<ul style="list-style-type: none"> • Have children stand in a circle or spread out around the room.
How to Play	<p>Say,</p> <ul style="list-style-type: none"> • We're going to stretch our bodies as if we are different kinds of animals. I'll call out the names of animals and then you stretch the way you think that animal stretches. <p>Call out animal names such as:</p> <ul style="list-style-type: none"> • Cat, dog, monkey, bear, horse, lion, dolphin, zebra, giraffe, eagle, snake, woodpecker, etc. • Ask children to think of animals. • Give children 30 seconds to stretch like that animal. • Suggest they look around to see how their friends might have different ideas about how that animal stretches.
Up the Challenge	<ul style="list-style-type: none"> • Have each child think of an animal, then start a story with each child acting out their animal doing something with or to the previous animal. Example: Fish swims in a pond, frog hops over fish, fox catches frog, and so forth.



4-4 Heart Alert

Equipment	<ul style="list-style-type: none"> • Boundaries • Scarves, tagging balls, or other objects to identify "Its"
Set Up	<ul style="list-style-type: none"> • Designate boundaries. • Ask 2-3 children to be "Its" and give them tagging balls or identifiers. • Other children scatter within boundaries. • Be ready to change "Its" as children tire.
How to Play	<p>Say,</p> <ul style="list-style-type: none"> • This is a tag game a little like Freeze Tag. • If you get tagged, you have to jog in place and chant "Heart Alert" until someone comes to free you. • To free someone, face the person you want to free, and then both of you do 5 jumping jacks together. • "Its" can tag anyone except those doing jumping jacks.
For Young Children	<ul style="list-style-type: none"> • Play one round of Freeze Tag where to free someone who's been tagged (and thus "frozen"), all you have to do is touch him or her. • Then introduce the idea of jogging in place when frozen, and freeing someone who is frozen by doing jumping jacks together.
Source	<p>Used with permission from the CATCH program, licensed by Flaghouse Inc and the Board of Regents, University of California at San Diego.</p>



Cornell University
Cooperative Extension



Make Half Your Grains Whole!

Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Eat at least 1 whole grain food every day!
- Choose whole grain bread instead of white bread!
- Eat snacks like popcorn and whole grain crackers!
- Play a game I learned today!
- Try a recipe from today!
- My own idea:

Signed: _____

Why Eat More Whole Grains?

Whole grains are rich in fiber, vitamins, and minerals. Eating more whole grains like whole wheat, brown rice, oats, and whole grain corn can help prevent heart disease, cancer, diabetes, and constipation, and help with weight control. When comparing similar grain products, look at the Nutrition Facts Label and choose those with more fiber. To help your family eat more whole grains:

- Try brown rice instead of white (cook it the same way, just longer.)
- Pop popcorn kernels in oil on the stove, and add Parmesan cheese, garlic powder, or cinnamon.
- Choose whole grain bread, cereals and crackers!
- Make whole grain pancakes – see the recipe below.



Oatmeal Pancakes with Applesauce

Ingredients

- ¾ cup quick or old fashioned oats
- 1½ cups fat-free milk
- ¾ cup enriched all purpose flour
- ½ cup whole wheat flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 eggs, beaten
- 1 Tbsp oil, plus more for cooking
- 3 cups unsweetened applesauce
- Cinnamon



Instructions

1. Combine oats and milk in large bowl. Let stand 5 minutes.
2. Mix flour, sugar, baking powder, and salt into medium bowl, and add.
3. Beat eggs and oil together, and add.
4. Stir only until all ingredients are combined. Mixture will be lumpy.
5. Spread a small amount of oil onto an electric griddle or pan. Heat.
6. Spoon batter onto hot pan.
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Yield: Serves 12

Source: Cornell Cooperative Extension of Nassau County

Nutrition Facts

Serving Size: 1 pancake and ¼ cup applesauce (125g)	
Servings Per Recipe 12	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value *	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 250mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 4g	
Vitamin A 2%	Vitamin C 2%
Calcium 15%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
25% calories from fat, using 1 Tbsp oil for cooking.	

Choose Healthy Family Activities!

Have you noticed how fun it is to move when there's lively music playing? Get your whole family dancing by playing your favorite tunes. Dancing is also a great way to pass on your family's culture. Do special steps or just let yourself go! Crank up the music and watch your family move! Here's a simple dance for you to try!

The Cupid Shuffle

Download the song "The Cupid Shuffle," by Cupid, crank it up and follow the directions!

Step to the right 4 times.
 Step to the left 4 times.
 Kick: right foot, left foot, right foot, left foot.
 Move to music and make a one-quarter turn toward the left to "Walk it by yourself."
 Repeat until song ends.

If you want to see it done, or learn other fun group dances, just search online!



Nutrition Facts

Serving Size: 2 half mini pitas
 Servings Per Recipe: 12

Amount Per Serving		% Daily Value *	
Calories	90	Calories from Fat	10
		Total Fat 1g	
		Saturated Fat 0g	
		Trans Fat 0g	
		Cholesterol 0mg	
		Sodium 210mg	
		Total Carbohydrate 19g	
		Dietary Fiber 3g	
		Sugars 2g	
		Protein 3g	
Vitamin A	70%	Vitamin C	4%
Calcium	2%	Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

14% calories from fat
 Nutrition facts using low fat Ranch dressing

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Yield: 12 servings (2 half mini pitas per person)

Variation: Offer several choices of vegetables to fill pitas.

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