

## Grains: Teacher Guide

Objective: To learn about the grain food group and how to include whole grain foods in meal planning and snacks.

Sample **ANCHOR** questions for participants:

1. What are some of (your **or** your family's) favorite breakfast cereals?
2. What kinds of bread (do you **or** does your family) like to eat?
3. Sometimes children do not like to eat healthful grain foods like whole wheat breads, low sugar cereals, or brown rice. Who would like to share some examples of how you prepare healthful grain dishes for your children? Would you like to learn some additional ways to make healthful grain dishes?

**General background information:** Choose the appropriate information below to **ADD** to your lesson.

Breads, cereals, crackers, rice and pasta form the Grain Group. For a 2,000 calorie diet it is recommended you eat 6 ounces of grains each day. Half of those grains should be whole grain foods.

Grain products are naturally low in fat. It is what you add to your grain foods that makes them fattening.

Whole grains are a good source of fiber. Some examples of whole grains are whole wheat, cracked wheat, oatmeal, whole cornmeal, brown rice, whole rye and scotch barley. Examples of whole-grain food products other than breads and cereals would be popcorn, puffed rice cakes, corn tortillas or taco shells, whole-wheat pasta, scotch barley in soups, or tabbouleh salad.

**BREAD SMART:** Most whole-wheat bread is brown, but not all brown bread is whole-wheat. Bread that is labeled "whole-wheat" must be made from 100 percent whole-wheat flour. Bread labeled "wheat bread" need not be made from whole-wheat flour and is likely made from mostly white flour.

*(Activity sheet enclosed: "YOU CAN'T TELL IF BREAD IS WHOLE GRAIN BY ITS COLOR")*

**WHOLE GRAIN SMART:** Read labels carefully to make sure the products you buy are really whole grain. Look at the list of ingredients to see what grains or cereals a food contains. Make sure whole grains appear first on the list of ingredients.

**When shopping for grains products:**

- Read the labels and try choosing whole-grain products such as whole-wheat bread, oatmeal bread or muffins, whole wheat crackers and whole-wheat bagels.
- Some whole-grain breads may be more expensive than white bread. White bread is nutritious. Try using both whole grain breads and white breads. This keeps the costs down and yet provides the added fiber and nutrients from the whole grain breads.

### **Storing breads, cereals, and pasta:**

- Store bread at room temperature in a tightly sealed bag or container. If you are planning to keep your bread longer than 1 week you should freeze the bread.
- Dry grain products, like pasta, rice, and oats, may be stored in tightly closed containers for at least 6 months.

### **Tips for cooking rice or pasta:**

- Do not wash rice before cooking (unless indicated in the package directions) and do not rinse after cooking. Use only the amount of water that will be absorbed by the rice.
- Cook pastas with large quantities of water. Cook the pasta according to package directions. Test pasta for firmness. Do not overcook pasta or it will become sticky.

### **Add Whole Grains to Your Diet:**

- Make some dishes with whole-grain pasta.
- Eat a bowl of ready-to-eat whole-grain cereal anytime, day or night.
- Grab a whole-grain bagel or muffin for breakfast or snack.
- Serve brown rice in place of white rice.
- Snack on whole-grain crackers.
- Try low fat granola-type cereals as a topper for fruit-flavored or frozen yogurt.
- For breakfast, have a bowl of oatmeal or whole-wheat bread with jelly.

### **Add Flavor to Whole Grains:**

- Cook grains in reduced salt broth or tomato juice.
- Add 1/2 to 1 teaspoon curry powder, cumin, thyme, mace or turmeric to liquid with each cup of rice or other grain.
- Add chopped onions, garlic, celery, carrots or mushrooms to rice or other grains at the start of cooking.
- Use 1 tablespoon of dried parsley flakes.
- Stir a small amount of plain low fat yogurt into rice or grains after cooking.

### **What counts as a 1-ounce serving of bread, cereal, rice or pasta foods?**

1 slice of bread	7 round or square small crackers
1 cup ready-to-eat cereal flakes	1 4" diameter pancake
1/2 cup cooked cereal	1/2 cup cooked rice
1/2 English muffin or bagel	1/2 cup cooked pasta
1 small (6-inch) tortilla	

**Activities to APPLY background information:**

1. Show a poster of the MyPyramid and where the grain group is located. Talk about how different daily recommended amounts of grains are based on individual daily calorie intake requirements. Example; for a 2,000 calorie diet it is recommended you eat 6 ounces of grains each day. Share examples of 1 ounce portions of grain foods (1 bread slice = 1 ounce serving)
2. Activity handout: "YOU CAN'T TELL IF BREAD IS WHOLE GRAIN BY ITS COLOR"
3. Activity handout: "LET'S FIND THE BREADS, CEREALS, RICE & PASTA WORD GAME"
4. Plan menus with clients to include whole-grain foods.
5. Breads, cereals, crackers, rice and pasta are low in fat. Sometimes the way grain foods are prepared makes them fattening like buttering bread. Ask clients to share how they might prepare healthful, low fat grain foods.
6. **Participant take AWAY –**  
Recipes: **Bran Cereal Muffins #387**  
**Whole Wheat Pumpkin Muffins #600**

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