

# GRAINS

## Grain Lesson

**Activity:** Help your child find a food label on a package of food in your home and then use the label to complete the Food Label Worksheet.

**Optional activity:** The next time you and your child visit the grocery store, help your child find foods with the whole grains listed under the ingredients. Have your child write down the name of the food, the whole grain listed, and the grams of fiber listed. Once your child completes the activity, the two of you can make the recipe!

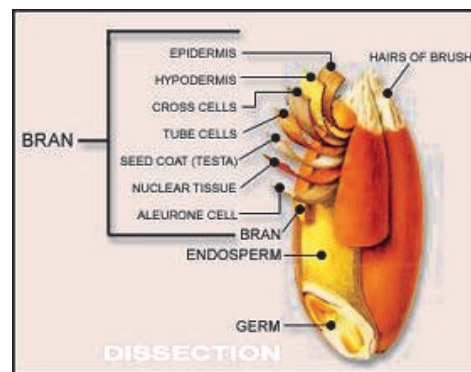
**What is the food you found?** \_\_\_\_\_

**How many grams of fiber are in one serving of your food?** \_\_\_\_\_

**What is the first ingredient of your food?** \_\_\_\_\_

### Did You Know?

**Whole grains** and foods made from them consist of the entire grain seed, usually called the kernel. The kernel is made of three components- the **bran** (the outermost layer), the **endosperm** (the middle layer), and the **germ** (the innermost layer). Fiber, is important to eat for good nutrition, and is found in the bran and the germ. When grains (**the kernels**) are refined, most of the bran and some of the germ is removed, resulting in the loss of dietary fiber. **Popular grains** in the United States include;



- Wheat
- Rice
- Corn
- Oats
- Rye
- Barley
- Wild rice
- Buckwheat
- Criticale
- Bulgur
- Millet
- Quinoa
- Sorghum
- Amaranth
- Faro
- Grano
- Spelt
- Wheat berries

**PLEASE COMPLETE THE BACK OF THIS FORM AND RETURN IT TO SCHOOL WITH YOUR CHILD FOR THEM TO GET A PRIZE. ~THANK YOU!**



# GRAINS

## *A serving of 100% Whole Grain Foods*

- If you enjoy foods made entirely with whole grain, you can follow the suggestions in the 2010 Dietary Guidelines for Americans, to make half of the grains you eat whole grains. Here is what is recommended for you and your children.

age	girls / women servings	boys / men servings
2-3	1.5 to 3	1.5 to 3
4-8	2 to 4	2.5 to 5
9-13	3 to 5	3 to 6
14-18	3 to 6	3.5 to 7
19-30	3 to 6	4 to 8
31-50	3 to 6	3.5 to 7
51+	3 to 5	3 to 6

A serving/ounce of a whole grain is:

- 1/2 cup cooked brown rice or other cooked grain
- 1/2 cup cooked 100% whole-grain pasta
- 1/2 cup cooked hot cereal, such as oatmeal
- 1 ounce uncooked whole grain pasta, brown rice or other grain
- 1 slice 100% whole grain bread
- 1 very small (1 oz.) 100% whole grain muffin
- 1 cup 100% whole grain ready-to-eat cereal

## *Pretzel Shapes*

### **Ingredients:**

- 1 pkg. yeast (2 ¼ teaspoons)
- ½ cup warm (105-115 degrees) water
- 1 teaspoon honey
- 1 teaspoon salt

### **Directions:** *Remember to wash your hands!*

Preheat oven to 425 degrees.  
In a small bowl, dissolve yeast in warm water, add honey and let set for a few minutes.  
In a large mixing bowl, measure flour and salt. Add yeast mixture to flour mixture and stir until ingredients are combined. Dough will be crumbly and flaky.  
Knead dough on countertop or dough board until it forms a smooth ball. Add a little flour if dough is sticky.  
Divide dough into 12 pieces about the size of a walnut. Roll each ball into a snake and then make a pretzel, letter or other fun shape.  
Place pretzels on a baking sheet lightly coated with cooking spray.  
Bake for 10 to 12 minutes or until golden brown.

Source: Kids a Cookin' K-State Research & Extension Family Nutrition Program



**PLEASE COMPLETE THE BOTTOM OF THIS FORM AND RETURN IT TO SCHOOL WITH YOUR CHILD FOR THEM TO GET A PRIZE.**



I have read the information in the newsletter and participated in the activity with my child.

Student's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Fill out this worksheet and bring back to the next class and you will receive a cool prize!**