

## TOPICS

- Identifying Whole Grain Foods

## ESTIMATED TIME

10-15 minutes

## MATERIALS

Whole grain kit

## VARIATIONS

- Taste test of different whole grains, such as baked crackers, whole wheat cheese crackers, and cereals.

## TIPS

You may have not yet fully discussed how to read nutrition facts panels. Reassure participants that you will go into detail about the resource at a later time, and today we will just be focusing on a few key nutrients.

## IN ADVANCE

Review what whole grains will be included in the culinary lesson

## IN CLASS

1. **Ask:** Has anyone heard the terms whole grain and refined grain? What's the difference between whole grain and a refined grain?
2. **Show** the *whole grain pillow*. **Share:** This pillow represents a grain and its different parts before it is processed into the products we consume such as flours and pastas. Explain the 3 key parts:
  - Bran – the outside part. This part contains fiber.
  - Endosperm – the fluffy stuff inside. This part contains the natural sugars/carbohydrates/energy.
  - Germ – this is a small seed. This part contains important vitamins and minerals.
3. **Share:** When we eat a whole grain food, we get all three important parts of the grain together. When grains are processed/refined, some parts of the grain are removed, leaving mostly just the endosperm, and creating something that is less than the whole.
4. **Ask:** What are some types of whole grains you've bought or tried before? Why is important for us to eat them?
5. **Share:** The USDA recommends that we make half of the grains we eat whole. Share some of the benefits including that whole grains keep us full longer and keep us regular.
6. Distribute whole grain examples to highlight some potentially unfamiliar types of whole grains and the corresponding handouts. Point out the nutrition facts panel on each handout. Share with participants that one important nutrient we get from whole grains is fiber. Ask that the participants with white and whole wheat flour and white and brown rice to share and compare their %DV of fiber.
7. Be prepared to work with the Culinary Instructor to share ideas for cooking whole grains and how to incorporate them into meals. Use the "How to Enjoy Whole Grains" handout as a reference.
8. **Ask:** What kind of products do you use or buy that contain grains? What do you typically look for to decide if it's a whole grain?
9. Pass out packaged grain labels. Have participants guess if each product is a whole or refined grain. Then have participants read the first ingredient to determine if it's a whole or refined grain. Point out that "enriched" is a type of refined grain that may have a small amount of bran and/or germ added<sub>1</sub> back in.