

Ohio SNAP-Ed Adult & Teen Programs

Build a Better Meal with a Variety of Grains

Task Topic: Whole Grains

Task Title: Build a Better Meal with a Variety of Grains

Teaching Message(s):

- ☒ When consuming grain products like bread, pasta, rice, cereal, etc., choose whole grain products.
- ☒ Use MyPlate to make healthy food choices with a limited budget.
- ☒ Make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.

Resources: Adapted from *ChooseMyPlate.gov*, *Dietary Guidelines*, Whole Grains Council

Objectives for the Task:

1. Identify which grain foods are most healthful by comparing the Nutrition Facts labels for whole grains and refined grains.
2. Name 2 whole grain alternatives for refined grains.

Materials needed for the Task (including Handouts):

- Daily Menu Makeover cards, printed on card stock
- Fact Sheet – Very Delicious Varieties of Whole Grains

Food and Equipment for Demonstration and Sampling:

- [None needed for this task]

Some ingredients may not be available in your area. Feel free to make ingredient substitutions as necessary. If you decide to make a recipe substitution, please use a SNAP-Ed approved recipe from the What's Cooking? USDA Mixing Bowl website:

<http://www.whatscooking.fns.usda.gov/>

General Materials List:

- Flip chart paper
- Thought box
- Highlighters
- VOICE principles
- Post-it notes
- Markers
- Masking tape
- Participant evaluation forms
- Index cards
- Pens
- Name tags

Preparation:

- Tape Daily Menu Makeover cards up in different parts of the room.



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OHIO SNAP-Ed PROGRAM

Revised 06/25/15

Key Points to Review:

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

Transition:

Last time we met, we discussed.... We also Who would like to share an example of ...?

Today we are going to be talking about the many varieties of whole grains you have to choose from and how you can incorporate them into your daily meal pattern. Before we start, let's begin the lesson by talking about physical activity. Physical activity is an integral part of a healthy lifestyle, right along with proper nutrition and adequate sleep. Many people do not get enough physical activity. The *Dietary Guidelines* recommends 30 minutes of physical activity most days, or 150 minutes each week. This can be hard to achieve sometimes because of being busy, health issues, or family demands. Nevertheless, being regularly physically active can help prevent chronic disease and contribute to improved health. What are some ways that you can think of to include physical activity on a busy day?

Physical activity guidelines can be found at the following websites:

- Office of Disease Prevention and Health Promotion: www.health.gov/paguidelines/
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/

Anchor

Think about the different types of grain foods you typically eat or have tried in the past. Who would like to share some of the meals they prepare or have tried that include different types of grain foods? What grains were included?

Add

Most of our meals contain some sort of grain food whether we notice it or not. Though we are accustomed to eating wheat and white rice, there are many options for grains that we can use to prepare meals. Not only does this add variety to what we eat in terms of flavor, but using different kinds of whole grains also gives us a more nutritionally balanced diet.

Let's explore how to include different kinds of whole grains – maybe ones you've never tried before – into your daily meal patterns.



Quinoa can be used in place of pasta or rice and works well in any kind of mixed dish with a lean meat, vegetables, and sauce, or stands alone as a side dish with some olive oil and herbs.

Bulgur comes from wheat and can also be used in side dishes where rice or pasta is typically used, such as in pilafs. Bulgur has a lot of fiber and comes in different colors.

Rye can be found as part of breads and crackers.

Barley is commonly added to soups or crock pot meals (such as beef, carrots, and other vegetables) and is an alternative to regular pasta or potatoes.

Oats are an inexpensive and easy breakfast instead of traditional cold cereals. Cook with water or milk, and add fruit and nuts for a well-rounded breakfast. You can also put raw oats into yogurt with fruit for a parfait. Oats can also be toasted to make a homemade granola.

Wild Rice or brown rice makes a great side dish to any meal. Rice can be added to soups or cooked and mixed with vegetables and a lean meat for a “one-pot” meal. Make sure that the label does not say “enriched” or it’s not a whole grain.

Of these six different whole grains, how many have you heard of? How many have you tried before?

Apply

Divide the participants into 3 groups. Assign each group to one of the Daily Menu Makeover cards.

Around the room are some cards that contain a full day’s worth of eating! If you look closely, you’ll notice that all of the grain products are either wheat-based or made with refined flours, and may not be in the correct serving size.

Make over each menu!

1. Circle all of the grain foods that are either wheat-based or refined grains. Use the marker at your stations.
2. Next, discuss which grains you could substitute for the ones you circled. Write them in next to the wheat or refined grain items on the menu card.
3. Last, check portions! Adults should aim for 6-8 servings of grains per day, half of which are from whole grain food sources. Count up how many actual servings of grains are in your menu. Does your menu meet, or exceed, the recommended number of grains servings?

What other changes would you suggest?



As you can see from our activity it is easy to simply substitute the grain foods you typically eat with another variety of whole grain food. The different varieties of grains make your days of eating more flavorful and exciting! Look for these new foods the next time you are at the grocery store and give them a try!

Away

Pass out a copy of the Fact Sheet – Very Delicious Varieties of Whole Grains to each participant to take home.

Here is a fact sheet for you to take home. It lists different types of whole grain foods. Circle a variety or two that you might like to try this week.

Facilitator's Notes:

Facilitator's Checklist:

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

