

Ohio SNAP-Ed Adult & Teen Programs Creative Cooking with Whole Grains

Task Topic: Whole Grains

Task Title: Creative Cooking with Whole 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. Name 2 ways to incorporate different varieties of whole grains into your diet.

Materials needed for the Task (including Handouts):

- Fact Sheet – Cooking Whole Grains
- Fact Sheet – How to Cook Quinoa
- Explore Whole Grains recipe booklet

Food and Equipment for Demonstration and Sampling:

- Small bag or box of dry quinoa
- Olive oil
- Water
- Salt
- Medium saucepan
- Measuring cups (dry and liquid)
- Measuring spoons
- Fine-mesh strainer
- Large mixing spoon
- Single cooktop/portable burner
- Plastic forks, paper plates, and napkins

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/>



THE OHIO STATE UNIVERSITY

OHIO SNAP-Ed PROGRAM

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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:

- Set up an area for the quinoa cooking demonstration.

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 will learn ways to add whole grains to your meals and testing some tasty whole grain recipes. In addition to making positive changes with the foods we eat, it is very important to keep our bodies healthy by staying active. A body in motion will stay in motion! By keeping active your body will not slow down on you in the future. Stretching is a wonderful and easy way to prevent injury and combat stiff and sore muscles. Taking a few minutes each morning to stretch each major muscle group will decrease tension on your body throughout the day and prevent stiffness from accumulating. Think about stretching your neck, arms, back, hips, and legs for a couple minutes each 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/active/physical-activity-guidelines-for-Americans/

Anchor

Think about the meals you typically make for dinner. What grain or grains are usually featured? Write down one type of grain on a Post-It note and stick it to the flip chart paper labeled "Grains I Usually Make." Be sure to specify whether they are brown, white, multi-grain, etc. For instance, if you make pasta, is it regular pasta, whole wheat pasta, or pasta made with vegetables?



Allow participants to place their Post-It notes to the flip chart paper. Play music while they do this activity. When they are done, on a separate piece of flip chart paper, tally how many of each kind of grain were mentioned. Point out which grains are most frequently prepared. Ask the participants if these are whole grains or refined grains.

We often times will prepare what we are familiar with, and grains are no exception. However, branching out and trying new foods – like different types of whole grain foods – can add variety to our diets, in the form of new flavors, additional nutrients, etc. We'll talk about this concept more throughout today's lesson.

Add

Turn the single burner on medium-high heat.

Adding new recipes to your meal rotation can be fun, delicious, and will expose your family to healthier options. There are many wonderful recipes available that use whole grain foods and will help you to make half your grains whole grains. Cooking times for whole grain products may vary slightly compared to refined grain products. For example, whole grain pasta or rice may take a few minutes longer to cook so it is important to read the package for instructions. The ease of cooking, however, is no different. I'm going to show you how simple it is to prepare quinoa.

Pass out a copy of the Fact Sheet – How to Cook Quinoa to each participant. Prepare the quinoa according to the steps outlined. Discuss these steps with the participants as you follow them. Invite any who are interested to assist you in the preparation process.

Let's sample this basic quinoa. What do you notice about the flavor? How might you serve this as part of a meal? When looking at a new recipe, first scan through the ingredients to see if they are ones you have on hand or have access to. Next, see what substitutions you can do to make the recipe healthier if it does not already contain healthy ingredients or to make it more acceptable to your family. For example, are you able to add extra fresh vegetables? Is there a refined grain or rice product that can be replaced with a whole grain? Are there ways to reduce the sodium (i.e. by using low-sodium products)? Can you add less sugar? These can all be considered when looking at new recipes and when making old favorites.

Apply

Pass out an "Explore Whole Grains" recipe booklet and a copy of the Fact Sheet – Cooking Whole grains to each participant.

Trying new meals and snacks can be very fun! It all starts with easy and delicious recipes. Each of you has a recipe booklet that contains several whole grain recipes. Maybe you have cooked with some of these, while others are new to you. There are recipes for breakfast, lunch, dinner, and snacks. Look over the recipes and the ingredients and see which ones you think your family may like to eat. Identify the whole grain in each recipe. Using the recipes, come up with one or two days' worth of meals that you could make at home. Think about



which days in the next week or two you could try preparing these new recipes.

Each recipe contains different whole grain foods. What whole grain foods did you identify within each recipe? Which recipes did you pick up that call for a whole grain food you have never tried before but plan to? What questions do you have about the recipes you looked at, regarding preparation, ingredients, etc.?

As you can see, trying new recipes can be exciting. There are many healthy meals that are also easy and very delicious!

Away

You can add to the recipe collection as you find things in magazines or online. The USDA has an excellent resource for diverse, nutritious, budget-friendly foods, called the USDA Mixing Bowl. You can browse by meal or by ingredient. I encourage you to explore this website and see which recipes interest you. Search by different whole grains for recipes your family would like to try.

Facilitator's Notes:

If you are delivering your program at a site that does not have running water, be sure to rinse the quinoa just before you head out to your program. Place the rinsed quinoa in a Ziploc storage bag. Explain to the participants that you rinsed the quinoa ahead of time when you are demonstrating the cooking process as part of the Add.

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?

