

Ohio SNAP-Ed Adult & Teen Programs Simple Whole Grains Substitutions

Task Topic:	Whole Grains
Task Title:	Simple Whole Grains Substitutions
Teaching Message(s):	<input checked="" type="checkbox"/> When consuming grain products like bread, pasta, rice, cereal, etc., choose whole grain products. <input checked="" type="checkbox"/> Use MyPlate to make healthy food choices with a limited budget. <input checked="" type="checkbox"/> Make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.
Resources:	Adapted from <i>ChooseMyPlate.gov</i> , <i>Dietary Guidelines</i> , Whole Grains Council

Objectives for the Task:

1. Identify new whole grain recipes and learn how to incorporate them into the normal meal rotation.
2. Name at least 2 ways to substitute whole grains for commonly used refined grains.

Materials needed for the Task (including Handouts):

- Meal Station Cards
- Post-It notes in a variety of colors
- Fact Sheet – Easy Ways to Enjoy Whole Grains
- Fact Sheet – Whole Grains Reference Sheet

Food and Equipment for Demonstration and Sampling:

- [None needed for this lesson]

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:

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

Preparation:



THE OHIO STATE UNIVERSITY

OHIO SNAP-Ed PROGRAM

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- On flip chart paper, create 3 columns: Breakfast, Lunch, and Dinner.
- Hang up the Meal Station Cards around the room.

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 make a tasty whole grain recipe. 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. I am going to demonstrate a few simple stretches, feel free to join in if you would like to learn.

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

What are some of your family's favorite meals to eat that contain grain foods? Call them out and I will write them under the type of meal. We'll refer to this list later in the lesson.

Write responses on the flip chart for breakfast, lunch, and dinner – encourage several examples for each meal, breakfast, lunch, and dinner. Choose 2 meals from the list that are most common/easy to substitute whole grains (i.e. a sandwich) for the Apply activity.

Add

Every family has “staple” or “favorite” foods or meals that they eat regularly. It can be difficult to think of new ways to prepare familiar dishes to make them healthier. One easy



way to increase the nutrition of a favorite meal is by adding whole grain foods. Once you learn about which whole grain products can be worked in to your favorite meals, the whole grain products can become a “staple” part of each dish. Remember to check the package to make sure it says 100% whole grain or wheat, and that there are no enriched flours listed in the ingredients.

Incorporating new ingredients into the dishes you typically eat can be a great way to increase your family’s acceptance of unfamiliar products. You do not have to give up your current meals or recipes and replace them with all new ones. Whole grain products are easy to substitute for white or refined grain products in almost any recipe. Some examples include:

- Purchasing 100% whole grain crackers vs. the regular enriched grain varieties
- Using whole wheat spaghetti, lasagna noodles, or other pasta instead of white or refined pasta
- Serve whole grain breakfast foods:
 - Make pancakes or waffles with buckwheat or whole wheat flours, or buy a whole grain mix instead of buttermilk (refined)
 - Make French toast using whole grain bread
 - Serve whole grain cereal, like oatmeal, shredded wheat, or others that say “100 whole grain”
- When baking, substitute up to half the amount of all-purpose (white) flour in the recipe with whole wheat flour
- Use whole grain or wild rice as a side dish or mixed with your main course, such as rice and beans, stir fry with rice, or baked chicken and rice
- Buy 100% whole grain bread to make sandwiches or use as toast instead of white bread or use 100% whole wheat/grain buns for hamburgers or hot dogs

Whole grain foods may taste slightly different to some people, making them less appealing. To ease the transition of replacing refined grains with whole grains in your family meals, you can start by mixing the whole grain and the refined grains ($\frac{1}{2}$ whole grain and $\frac{1}{2}$ refined) to gradually introduce the new flavors, or by purchasing “made with whole grain” products that contain a blend of each. As time goes on, you can transition to all 100% whole wheat and whole grain products and your family won’t notice the difference!

Give each participant a copy of the fact sheet – Easy Whole Grain Substitutions.

This fact sheet has some other ideas on how to incorporate whole grains into your meals and snacks. You can refer to these ideas when cooking at home or come up with your own.

Apply

Divide the participants into small groups. Hand out a different color post-it note pad to each group. Give each participant a copy of the Fact Sheet – Whole Grains Reference Sheet.



Let's look back at our Anchor activity. I've chosen 2 meals that you mentioned your families typically eat. *(Choose two of the meals mentioned that have no whole grains.)*

Now we are going to use the knowledge you have about making whole grain substitutions to create meal ideas that include whole grains.

You will have 3 minutes to do this activity. Working in your groups, come up with as many meals (breakfast, lunch, dinner, or snacks) as you can that include as many whole grain foods as possible. You can refer to the Whole Grains Reference Sheet I passed out, or you can use other whole grain foods that aren't listed there. Here's the catch: Each meal you think of must contain a whole grain food. Think about a day of meals that you and your family would typically eat to help you come up with meals that could be "re-made" to include whole grains. Write each meal idea on a separate Post-It note. At the end of 3 minutes, post your meal ideas on the wall next to the appropriate Meal Stations that are set up around the room (Breakfast, Lunch, Dinner, and Snack).

After participants have posted their meal ideas at the Meal Stations, invite participants to read the meal ideas at each Meal Station.

Away

As you go home today and throughout the next week, think about the meals your family eats. What is one strategy you will try at home 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?

