**Whole Grains Just Hit Different!**

Monthly Campaign Announcements

| Day 1 | This month, we will be talking about grain products, one of the food groups from Canada’s Food Guide. In particular, we will focus on *whole grains*. Throughout the month, you’ll see that whole grains just ‘hit different’.  |
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| Day 2 | Grain products are a major source of energy for our bodies. They allow us to run, jump, laugh and basically move! If you’re in charge of your own meals, try to make sure one quarter of your plate is a grain product. Getting the right amount of grain products each and every day will help you have the energy to do your very best! |
| Day 3 | Want to win a prize? Try to sample a variety of grains this month and complete the bingo cards available (include location here). If you can cross off every square, turn in the completed bingo card to (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) by dropping off the form at (\_\_\_\_\_\_\_\_) NOTE: make copies of the bingo cards, which you can find on the bulletin board document,and distribute to each class. If you choose NOT to do the bingo, remove it from the bulletin board. |
| Day 4 | Have you ever wondered how foods like bread or pasta are made? They use grains like wheat, barley, or oats. Before we can make any grain products, we need to grind the grains down into a powder, which is flour. This flour is then mixed with other ingredients like eggs, baking powder, or milk to make baked goods like bread, pitas, tortillas and bagels.  |
| Day 5 | This week, you have a chance to be a food critic! Challenge yourself to try a new whole grain this week. Take the time to notice its colour, texture, smell and taste. It’s okay if it’s not your favourite right away. |
| Day 6 | Let’s Get some more Goods on Whole Grains! When whole-wheat flour is made, the entire grain of wheat is ground into a fine powder. The most nutrients are found in the hard outer shell. However, to make white flour, the hard outer shell of the grain is removed and then the grains are ground into flour. So give the whole wheat or whole grain options a try! |
| Day 7 | Do you think that “whole grain” and “multigrain” mean the same thing? The truth is that “whole grain” and “multigrain” can mean very different things. Multigrain means the product contains more than one type of grain, but it doesn’t necessarily mean it is made with the **whole** entire grain... so multi grain products may be missing some very nutritious outer coating of the grain. By choosing WHOLE grains, we're guaranteed to get the most nutrition out of the grain. |
| Day 8  | Earlier this month, we learned about how much of your plate should be filled with a grain product. Can you remember what we said? If you said one quarter, you’re right! That is what Canada’s Food Guide recommends! |
| Day 9 | Here’s another piece of grain information: Canada’s Food Guide encourages all Canadians to choose whole grain products each and every day. This will help us to get all the nutrients our bodies need! |
| Day 10  | Did you know that popcorn is a whole grain? Air-popped popcorn is a delicious and fun option to enjoy when you need something crunchy to snack on.  |
| Day 11 | Be sure to include whole grains in your lunch to keep your energy up in the afternoon. Look for whole grain bread for your sandwiches for added flavor and a boost of energy, or make a salad or soup with wild or brown rice. Crunchy rice cakes are a great snack too! |
| Day 12 | Have you ever heard of quinoa *(keen-wa)*? Keen-what? Keen-wah! Quinoa is an ancient grain from South America that is very nutritious. It can be used in place of rice in almost any recipe, and can be served hot or cold... it also cooks really quickly. Eating quinoa is deliciously healthy and is also a great way to get protein in our diet to help build muscles and keep them strong. ([Information adapted from Unlockfood.ca](https://www.unlockfood.ca/en/Recipes/Vegetarian/Vegetable-Quinoa-Salad.aspx)) |
| Day 13 | Mini quiz!Which of these food products is NOT a whole grain product? A) A whole wheat bun B) Sourdough bread C) Brown riceIf you guessed B – you’re correct! Sourdough bread is NOT a whole grain food product. |
| Day 14 | Here's another way to “Get the Goods on Whole Grains”: when you're feeling hungry after 2nd period, go for a whole grain snack like a whole grain granola bar, rice cakes or popcorn.  |
| Day 15 | Research shows that teens don’t choose whole grains as often as they could. Turn to a friend or seatmate and think of one whole grain you enjoy! Tell them why you like it. |
| Day 16 | Do you love pasta? It can be a great addition to your meal, and is pretty easy to prepare! Why not try a whole grain pasta to see if you like the flavour and texture. Plus you’ll get the added bonus of the great nutrients to keep you fueled for your day!  |
| Day 17 | Breakfast is a great way to start with a whole grain, have you tried oatmeal? Go for a bowl of hot oatmeal with some berries and yogurt to start your day with lots of energy. You can also have a whole wheat pancake topped with fresh fruit as a tasty whole grain breakfast food!  |
| Day 18 | Do you know the difference between white rice and brown rice? It's not just the color! A whole grain of rice, like most other grains, has several layers. The outermost layer is called the *hull*, and only this very outer layer is removed to make brown rice. However, to make white rice, many more layers below the hull are removed. A general rule of thumb is that the more processed a food is, or the less it looks like its original form, the less nutritious it tends to be. Try brown and white rice sometime and see which one you prefer! |
| Day 19  | Whole grains are the body’s favorite way to get more energy, so if you want to be the first across the finish line, be sure to make whole grains a part of your diet every day!  |
| Day 20  | If you play sports, you should really consider adding whole grains! Getting enough whole grains can help you perform your best. Grains are high in carbohydrates, which is the best source of energy for your body to use while you do activities like running, swimming, gymnastics or playing hockey. |
| Day 21 | Add a side of wild rice or quinoa to your dinner plate. All this good fiber helps you feel less hungry after eating and keeps your digestive system working at its best. And its antioxidants help to keep all of your body’s cells from eyes to skin, healthy and strong! |
| Day 22 | We hope you can see why whole grains just hit differently. Remember your last day to get your bingo card in is (date.) We hope you enjoyed trying some new foods and learning about all the great benefits of whole grains. |