



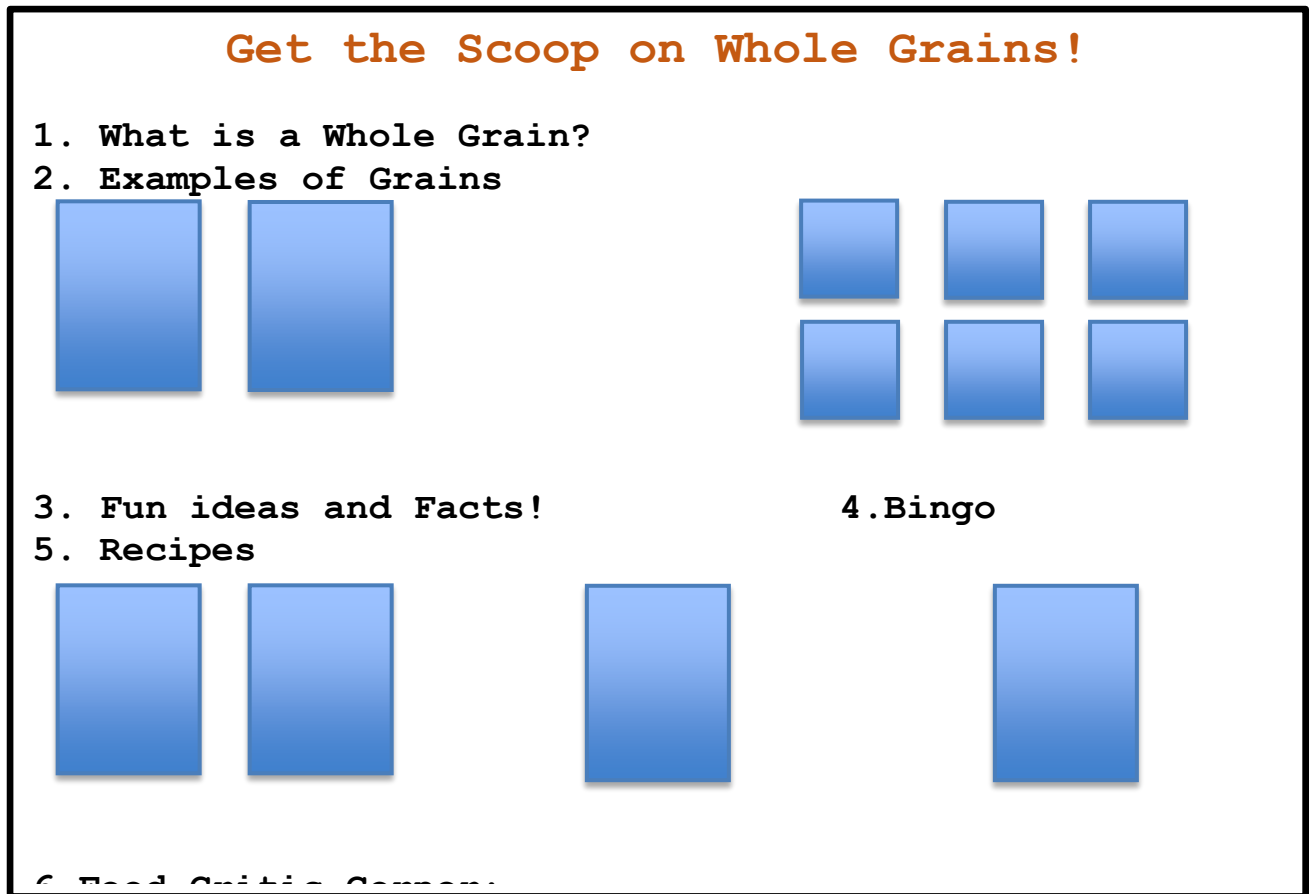
Get the Scoop on Whole Grains

Monthly Campaign Bulletin Board

Theme:

This campaign teaches students the difference between processed and whole grains, as well as the dietary benefits that are associated with whole grains.

Bulletin Board Example:



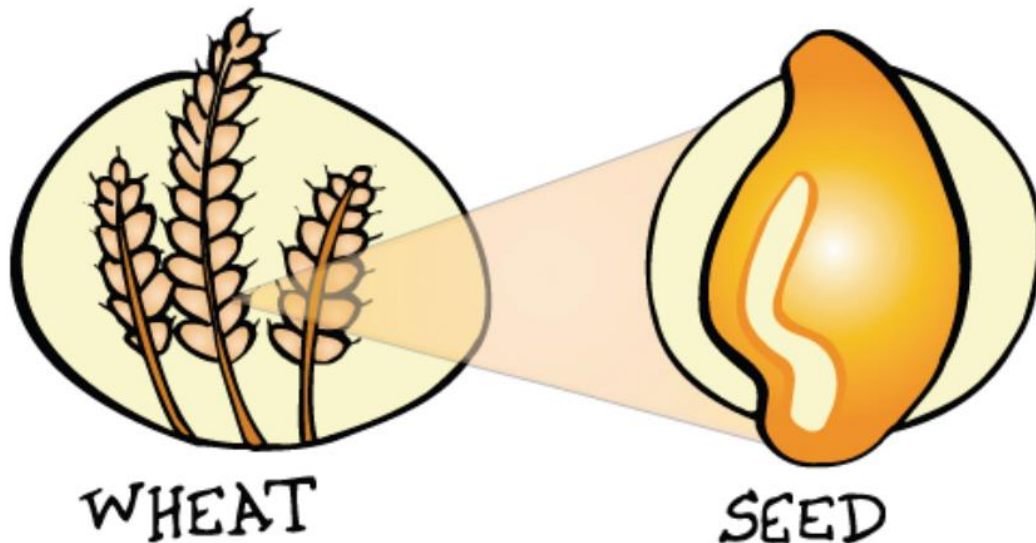
Classroom Instructions:

Review with students why a healthy food pattern is important to our overall health and wellbeing. Choosing whole grain foods is more healthy than choosing grain products that are not whole grain. It's important to know the difference! Remind students that the easiest way to tell is to check the ingredients list on food items. If the label says **100% whole grain**, then you can be sure it's made with whole grains. For division 2 students, review the **What is a Whole grain** information provided below and introduce them to the anatomy of a grain.

Bulletin Board Instructions:

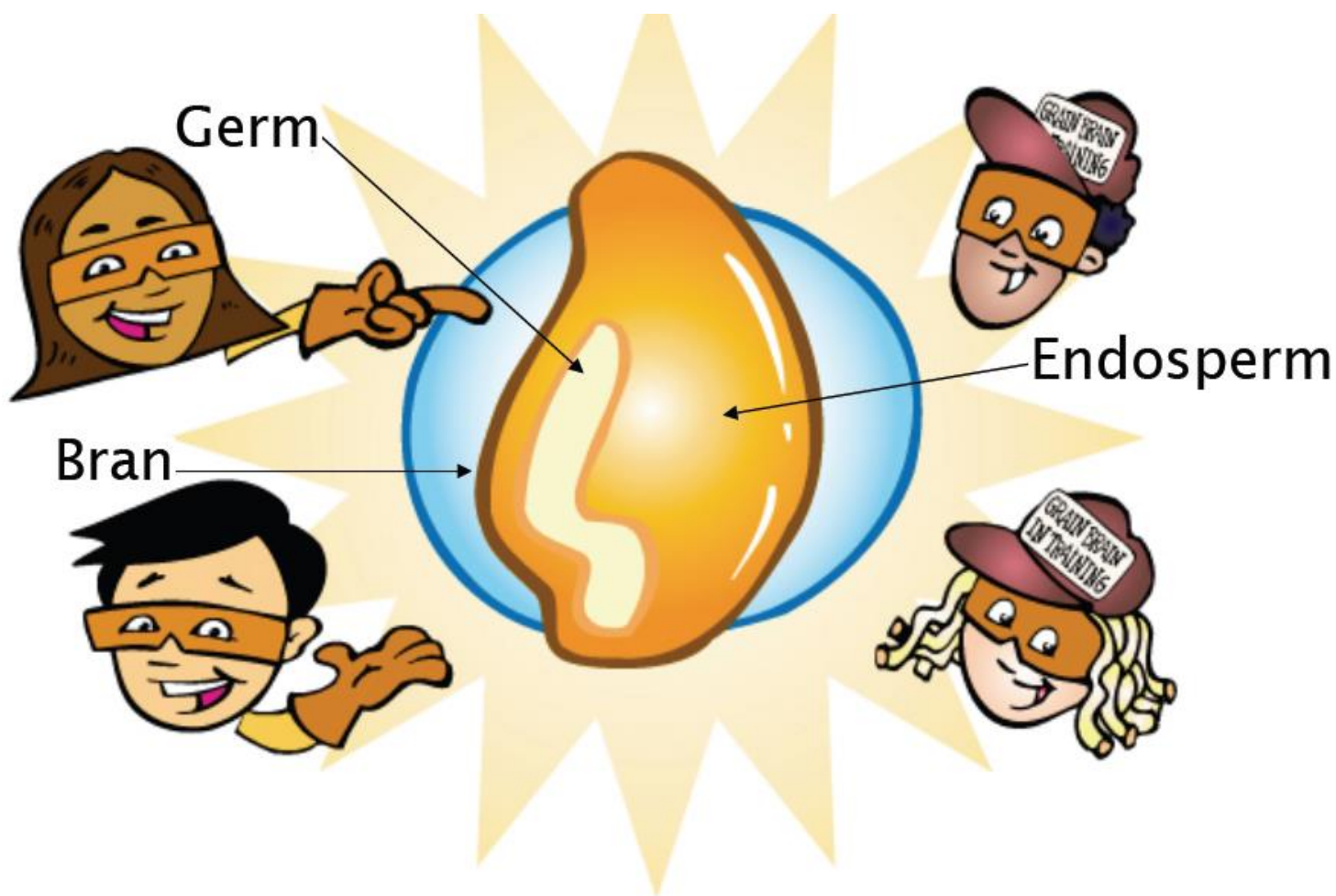
1. The information for **What is a Whole Grain** is listed below.
2. Using zip lock baggies, place **examples** of whole grains such as quinoa, oats, etc...there are also pictures of grains below if you do not have access to whole grain examples. The actual grains are much more interesting to students, so hopefully you can find whole grains in your local stores or surrounding farms.
3. The information for **Fun Ideas and Facts** section of the bulletin boards is listed below.
4. **OPTIONAL:** You can add a school-wide game of *Whole Grain bingo*. This document provides the “bingo” card. Make individual copies of the bingo cards and distribute to each class via classroom teachers. **Remove the highlighted words before printing** . Attach an envelope/container to bulletin board for students to leave the completed bingo cards. *Clearly mark where students are to leave the completed cards!* Remind students about the activity via morning announcements.
5. Print off copies of the take-home recipes. Place take-home recipes using whole grains in a pocket on the bulletin board for parents or students to grab.
6. **OPTION:** Each week, place a student comment on a whole grain item they tried, and place comment in the Food Critic Corner and announce what they tried and their name during announcements.

What is a Whole Grain?



Grains are the **seeds** of certain plants. The seed, or kernel, is made up of three parts: the **bran**, the **endosperm** and the **germ** - all of which contain valuable nutrients that play an important role in your diet. There are many types of grains, including cereal grains such as wheat, rice, oats, barley, corn, wild rice, and rye, as well as other grains such as quinoa and buckwheat.

Whole grains means that 100% of the original kernel – all of the bran, germ, and endosperm – must be present to qualify as a whole grain.



Examples include rolled oats and brown rice. You can eat whole grains on their own or find them as ingredients in products or recipes.

Whole Wheat vs. Whole Grain

"What is the difference between whole wheat and whole grain?"

Look for the word "**whole grain**" on the label and in the ingredient list. Products labelled with the words "whole wheat", "multigrain," and "organic" are **not** necessarily whole grain. In Canada, non-whole grain breads and pasta are made partly or entirely with white flour that has been "enriched." The enrichment process restores *some* of the minerals and vitamins found in the original whole grain wheat but the **whole grain** is the real deal!

Be aware that in Canada you'll hear **two terms** used:

- **Whole Wheat** Flour -- contains at least 95% of the original kernel
- **Whole Grain** Flour -- contains 100% of the original kernel

Quinoa



Brown Rice



Wild Rice



Couscous



Barley



Oats



Fun Ideas and Facts!

- Enjoy a variety of flavours and textures by mixing together two to three different breakfast cereals. Try adding bran to a bowl of oatmeal, or your favorite packaged cereal.
- **Grains make great snacks!**
Enjoy the crunch of low fat, whole grain crackers, Melba toast, dry cereal or plain popcorn as a healthier alternative to potato chips.
- **Tired of sandwiches?**
For a change, take your favourite fillings and wrap them in a tortilla, stuff them in a pita, pile them on a crusty whole grain roll or spread them on a bagel. Try the whole grain varieties for added fibre.

Fun Ideas and Facts!

- **Flip fibre into your flapjacks**







When making pancakes, muffins or cookies from “scratch” or a mix, add flaxseeds, rolled oats, wheat germ, oat or wheat bran, chopped nuts, dried fruit, or frozen blueberries for more fibre. Try substituting whole wheat or barley flour for all-purpose flour when baking.

- **Have you tried ...?**

There is a whole grain for almost every letter of the alphabet. Amaranth, Bulgur, Couscous, Quinoa, Rice, Spelt, Triticale – just to name a few. Whole grains add a delightful nutty flavour and wonderful chewy texture to cereals, salads, pilafs and baked goods. Tantalize your taste buds and try a new grain this month.

BINGO: Make individual copies of the bingo cards and distribute to school via teachers. Put one copy up on the bulletin board. Remove this header before printing.

Go for Whole Grains!

<p>Whole wheat or whole grain bread</p> 	<p>Quinoa</p> 	<p>Whole wheat pita</p> 	<p>Whole grain crackers</p> 
<p>Whole grain pancakes or waffles</p> 	<p>Oatmeal</p> 	<p>Brown rice</p> 	<p>Muffin or cookie made with whole grains</p> 
<p>Whole grain cereal</p> 	<p>Whole grain pasta</p> 	<p>Popcorn (preferably air popped, movie popcorn doesn't count)</p> 	<p>Whole grain granola bar</p> 
<p>Wild rice</p> 	<p>½ Whole grain bagel</p> 	<p>Whole grain tortilla or wrap</p> 	<p>Soup with whole grain like barley, brown rice or bulgur</p> 

Recipes

Pita Pizza

Taken from Healthy U - www.healthyalberta.ca/HealthyEating/ Choose Most Often Choice

1	Whole grain pita bread
2 tsp or 30 ml	Pizza or spaghetti sauce, low sodium
3 tbsp or 45 ml	Mozzarella cheese, reduced fat, grated,
¼ cup or 60 ml	Toppings of choice

You can choose any pizza toppings you like. Examples: chopped green pepper, onion, tomatoes, mushrooms, pineapple, cooked meat (beef, ham or chicken).

Turn oven on to broil. Flatten the pita bread and spread tomato sauce onto the pita. Spread toppings onto the pita and sprinkle cheese over top. Put the pita on a baking sheet and put it in the oven for about seven minutes until the cheese is melted.

Wraps Stuffed with Eggs, Cheddar, Ham and Vegetables

Taken from Healthy U - www.healthyalberta.ca/HealthyEating/ Choose Most Often Choice

2 tbsp or 30 ml	Margarine, or butter, unsalted
1.5 – 2 cups or 375-500 ml	Diced vegetables; e.g., zucchini, peppers, onions, mushrooms, tomatoes
6	Eggs, beaten
2 tbsp or 30 ml	Chopped fresh herbs; e.g., basil, parsley, cilantro
6	Whole wheat tortillas
6 – 12 slices	Ham, lean, low sodium
1.5 – 2 cups or 375-500 ml	Medium or old cheddar cheese, low fat, shredded

In a frying pan over medium heat, 1 tbsp of the margarine. Add the vegetables and cook for 4 to 5 minutes. Remove to a bowl.

In a bowl, stir together the beaten eggs, herbs and pepper. Melt remaining margarine in the same pan and cook egg mixture, as an omelette or as scrambled eggs.

Cover each tortilla with ham. Divide vegetables and eggs among crepes, placing on one edge of each tortilla. Sprinkle with cheese and roll up. Place in an oven proof dish lined with parchment paper. Wraps can be covered and refrigerated* or cooked immediately.

At serving time, preheat oven to 350°F (180°C). Cover stuffed wraps with tin foil or a lid and reheat for 12 to 15 minutes. Serve with your favorite fresh fruit.

Quinoa Pilaf

Taken from Healthy U - www.healthyalberta.ca/HealthyEating/ Choose Sometimes Choice

1 tsp	Olive Oil
2	Garlic cloves, minced
1	Onion, large, finely chopped
1 cup or 250 ml	Diced carrots
¾ cup or 190 ml	Sliced portabello mushroom caps
½ cup or 125 ml	Diced Celery
½ cup or 125 ml	Wild rice
1/2 tsp or 2 ml	Black pepper, freshly ground
3.5 cups or 875 ml	Beef broth, low sodium (gluten free when gluten free beef broth used)
1/2 cup or 125 ml	Quinoa, rinsed
1 cup or 250 ml	Chopped walnuts, toasted
1/2 cup or 125 ml	Chopped red bell pepper
2 tbsp or 25 ml	Minced, fresh parsley

In a large saucepan, heat oil over medium heat. Saute garlic, onion, carrots, mushrooms and celery for about 5 minutes or until tender. Add wild rice/quinoa, pepper and broth and bring to a boil. Reduce heat to low, cover and simmer gently for 40 minutes. Add quinoa, cover and simmer for 20 minutes or until quinoa is transparent, rice is tender and liquid is absorbed. Removed from heat and stir in walnuts, red pepper and parsley.

Tuna Stir-Fry over Whole Wheat Vermicelli

Adapted from Healthy U - www.healthyalberta.ca/HealthyEating/ Choose Most Often Choice

1 lb or 500 g	Vermicelli noodles, whole wheat, cooked according to package instructions
12 oz or 375 g	Tuna steak, cut into ½ inch (0.5 mm) cubes
2 tsp or 10 ml	Canola Oil or Canola Oil cooking spray
1	Garlic clove, smashed
2 pieces	Ginger, cut into ¼ inch (0.5 mm) rounds
1	Large carrot, peeled, halved lengthwise and cut into 2.5 cm diagonal pieces
8 – 12	Asparagus spears, ends trimmed and tops cut into 5 mm strips
1 cup or 250 ml	Frozen edamame beans, or green beans, thawed

Stir Fry Sauce

¼ cup	Soy sauce, reduced sodium	1 tbsp or 15 ml	Cornstarch
2	Garlic cloves, smashed	1 tbsp or 15 ml	Water
1 tbsp or 15 ml	Ginger		

In a medium bowl, toss tuna with canola oil to ensure perfectly seared tuna. Set aside.

Heat wok or large, heavy skillet to medium-high to high heat. Spray canola oil cooking spray to coat pan. Add smashed garlic and ginger pieces to flavor the oil. After 20 seconds, add the carrots. Cook for 2-3 minutes, then add asparagus. Cook for additional 2 minutes or until asparagus is bright green and carrots are tender. Remove vegetables from pan and set aside on flat plate. Spray pan with canola cooking oil. Add mushroom pieces. Cook for 2-3 minutes until browned. Remove from pan and set aside with other vegetables. Reheat pan to medium-high to high heat. Add tuna in two batches without crowding pan. Gently move tuna around with spatula. Sear tuna until just cooked. Remove first batch from pan and set aside. Repeat with the second batch, leaving in wok or skillet. Return carrots, asparagus and mushroom to the wok or skillet. Add edamame and first batch of tuna. Make a well in center of stir-fry ingredients and pour sauce in middle. Coat vegetables with sauce and quickly bring to a boil. Serve tuna-vegetable mix over

Pancakes

Taken from Healthy U - www.healthyalberta.ca/HealthyEating/ Choose Sometimes Choice

1 1/3 cup or 330 ml	Barley Flour
1 cup or 250 ml	Milk, skim or 1%
1 tbsp or 15 ml	Vegetable oil
1.2 tsp or 2.5 ml	Vanilla
1	Egg
1 tsp or 5 ml	Sugar
1 tbsp or 15 ml	Baking powder

Mix together all ingredients to make a batter.

Using a ladle, spoon batter onto hot griddle or non-stick frying pan. With a spatula, flip when bubbles start to form on top.

Serve with fresh fruit or low-sugar pancake syrup if desired.

Fruity Breakfast Oats

Taken from Healthy U - www.healthyalberta.ca/HealthyEating/ Choose Most Often Choice

1 cup or 250 ml	Rolled Oats
1/2 cup or 125 ml	Milk, skim or 1%
1 1/2 cup or 375 ml	Fruit yogurt, low fat, low sugar
1/4 cup or 60 ml	Maple syrup
1	Apple, peeled and grated
1	Ripe Pear, peeled and chopped
2 cups or 500 ml	Mixed berries, fresh or frozen (thawed)
1/2 cup or 125 ml	chopped almonds or other nuts, toasted

Combine oats, milk, yogurt, maple syrup, apple and pear together in a large bowl. Mixture can be covered and left overnight in the refrigerator at this stage. Add berries and almonds and gently stir to combine. Serve immediately.