Lesson 4: You Choose, You Use Whole Grain Foods

Performance Objectives

By the end of this lesson, students will be able to:
- Plan a daily menu to include whole grain foods.
- Write a shopping list including whole grain foods.
- Prepare a whole grain snack.
- Have a whole grain snack 3 times a week.
- Monitor progress towards achieving goals.

Theoretical Framework

Environment – barriers regarding foods available
Behavioral skills – asking skills to have parents purchase whole grain foods, menu planning and food preparation skills
Self-control/management – Setting goals to have whole grain snacks
Self-efficacy – practice skills to plan, purchase and prepare whole grain foods

Lesson Overview

Review previous lesson content and introduce next lesson – 5 minutes

Menu planning with whole grain foods – 20 minutes
- Describe menu planning procedures.
- Brainstorm whole grain alternatives to refined grain foods as a large group.
- Summarize menu choices.
- Have students use Worksheet #1 to plan a menu.
- Review worksheet.
- Provide instructions for homework activity with family.

Preparing a shopping list to include whole grain foods – 15 minutes
- Describe the process of preparing a shopping list (Worksheet #2).
- Use large group process to prepare shopping list based on menu.
- Assign homework for preparing a shopping list at home with family.

Preparing a whole grain snack – 5 minutes
- Provide materials and instructions.
- Demonstrate steps.
- Have students complete preparation.

Evaluation and closure – 5-10 minutes
- Summarize key points and answer questions.
- Review goals that students set and remind them to continue to work on them.
- Collect worksheets and examine for accuracy. Distribute Quiz Bowl cards for Lesson 4 and use to review.
- Distribute parent newsletters and ask students to return completed homework activities found in the newsletter.
- Distribute whole grain “snack packs” for students to take home.
In class activities:
- Worksheet #1 Menu planning
- Worksheet #2 Shopping list
- Whole grain snack recipes

Homework (activities included in the parent newsletter):
- Menu Makeover
- Planning Menus with Whole Grains
- Quiz Bowl cards.

Materials
Ingredients for whole grain trail mix snack (See recipe)
- Resealable food storage bags
- Whole grain Chex, whole grain round oat cereal, other whole grain cereal
- Raisins
- Candy coated chocolate candies
- Peanuts (optional)
- Measuring cup, bowl, spoon
Blackboard or flipchart, markers

Getting Ready
1. Review the lesson plan and troubleshoot potential problems.
2. Prepare handouts.
3. Prepare ingredients for recipe.

Introduction
1. Review content from previous lesson on goal setting and health benefits referring to Worksheet #1 and homework. Find out how many met their goal by a show of hands. Ask several students to share a success story with the class. Ask students to name the three health benefits from whole grains that were illustrated in the debate during the previous lesson.

2. Tell students that the purpose of the lesson is to explore ways to get more whole grain foods into their daily routine.

3. Review the agenda – explain that students will work on activities to 1) plan a daily menu, 2) write a shopping list based on the menu, 3) prepare a whole grain snack, and 4) set a goal to eat whole grain snacks 3 times a week. Tell students what you expect them to be able to do by the end of the lesson.
Lesson 4: You Choose, You Use Whole Grain Foods

Activity 1: Menu planning with whole grain foods

1. Distribute the menu planning worksheet (Worksheet #1) to each student. Describe the menu planning process by reviewing the number of total grain and whole grain servings recommended for children. Also review the whole grain and non-whole grain alternatives on the right side of the worksheet. Explain the directions for completing the worksheet.

2. Working with a partner or in a small group, invite students to fill in the blanks for one meal or snack. When they are finished, as a large group have students volunteer foods they included in all meals and snacks. Use a typical lunch menu at school for the noon meal. Write this menu on a black or white board.

3. Have the whole class review whether there is one or more servings of whole grain foods listed. If not, makeover the menu items so that one or more are included. Emphasize that the key message is to make half your grains whole.

4. Ask students to think about whether they can eat these foods for meals at home or school. Brainstorm possible barriers to having these foods as part of meals or snacks. Write the barriers on the blackboard. Possible barriers might include:
   - Whole grain foods are not available in the home or school.
   - Students prefer non-whole grain foods.
   - Parents may not know about whole grain foods or expect students to eat these foods.

Ask students how they might overcome these barriers. Brainstorm solutions together and write them on the blackboard next to the barrier. Compliment the students on their great ideas for tackling the barriers to eating whole grain foods. Collect worksheets.

5. Point out the menu planning activity in the parent newsletter and ask children to complete the activity with their parents as homework. Ask that the students return the newsletter page with the menu planning activity to school the following week.

6. Ask students to reward themselves for achieving the goal. Brainstorm with students about how they can accomplish this, possibly by keeping a record and drawing stars by days where the goal was met (Goal achievement handout).

Activity 2: Preparing a shopping list to include whole grain foods

1. Distribute the shopping list Worksheet #2 to each student. Describe the process of writing a shopping list—review the concept of making decisions regarding foods needed based on what is available.

2. Explain the directions for completing the worksheet. Ask students to complete this worksheet as a homework activity with a parent/caregiver and return for review during the next lesson.
**Activity 3:**

**Preparing a whole grain snack**

1. Distribute recipe and materials.
2. Demonstrate steps in the process.
3. Ask students to prepare the recipe and store in the plastic baggie. Ask students to take the recipe and snack home to share with their family.
4. Ask students to brainstorm possible whole grain snacks and write them on the blackboard. Ask students to work together in pairs to list three whole grain snacks that they could eat after school in a one-week period of time.
5. Have students set a goal to have a combination of three different types of whole grain snacks in a one-week period of time.

**Evaluation/Closure**

1. Distribute Quiz Bowl cards for Lesson 4 and use to review. Collect completed worksheets and examine for accuracy. Take notes regarding the accurate preparation of the snack and the willingness of the students to set goals regarding 3 whole grain snacks in one week. Take notes regarding what sections in this lesson need to be reviewed in the next lesson.
2. Summarize activities and answer questions. What was the overall “message” of today’s lesson? Close by encouraging students to work toward meeting goals to achieve benefits reviewed in the previous lessons. Explain that in the next lesson, students will work to advocate for more whole grain foods in school meals and meals at home.
3. Distribute parent newsletter and give instructions for completing the activities in the newsletter. Ask students to complete the activities with their parents as homework and return for the next lesson.

**Background Information**

**Resources on menu planning to include whole grain foods:**

- Mayo Clinic – ways to add whole grains to menus: http://www.mayoclinic.com/invoke.cfm?id=NU00204
- MyPyramid – tips to eat more whole grain foods http://www.mypyramid.gov/pyramid/grains_tips.html
- Kansas State University – ways to add whole grain http://www.oznet.ksu.edu/humannutrition/mf2560.pdf
- Whole Grains Council – easy family recipes for whole grains http://www.wholegrainscouncil.org/recipes.htm
- Kansas State University – Healthy Whole Grain Websites with recipes http://www.oznet.ksu.edu/humannutrition/wholegrains.htm
Menu planning to include whole grain foods can begin by making simple substitutions.

<table>
<thead>
<tr>
<th>Whole grain substitution</th>
<th>Usual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole wheat pasta</td>
<td>Pasta made from refined grain flour</td>
</tr>
<tr>
<td>Brown rice</td>
<td>White rice</td>
</tr>
<tr>
<td>Whole grain cereals (oatmeal or shredded wheat)</td>
<td>Muffins, donuts or pastries made with refined grain flour</td>
</tr>
<tr>
<td>Whole wheat flour</td>
<td>White flour</td>
</tr>
<tr>
<td>Whole wheat toast or whole grain bagel</td>
<td>Refined grain bagels</td>
</tr>
<tr>
<td>Whole wheat tortillas</td>
<td>Refined grain tortillas</td>
</tr>
</tbody>
</table>

Feature wild rice or barley in soups, stews, casseroles and salads. Add whole grains, such as cooked brown rice or whole grain bread crumbs, to ground meat or poultry for extra body.

**Shopping for whole grain foods - Find whole grains in the supermarket:**

**Breads:** Whole-wheat breads, pita bread, hamburger rolls (check first ingredient for the word “whole”)

**Crackers:** Triscuits, some crisp breads (Ry Krisp, Wasa, check first ingredient)

**Breakfast cereals:** Oatmeal, shredded wheat, some raisin brans, muesli (try products like Total, Cheerios, Wheaties)

**Snacks:** Popcorn, popcorn cakes, rice cakes, some tortilla chips

**Grain dishes:** Whole-wheat pastas, brown rice, kasha, bulgur, tabbouleh salad

**Other:** Whole wheat flour, some pancake and bread-machine mixes
Recipe for Snack

Whole Grain Trail Mix

Ingredients:
- 2 cups whole grain Chex cereal (any variety)
- 2 cups whole grain rounded oat cereal
- 2 cups whole grain cereal (other variety)
- 1 cup raisins
- 1 cup candy-coated chocolate candies
- 1 cup peanuts, if desired (do not add if children are allergic to nuts)

Makes 8 cups snack.

Directions for Teacher
1. Divide children into groups of 4. For each group, prepare 4 individual baggies containing: a) 1 cup whole grain Chex cereal, b) 1 cup whole grain rounded oat cereal, c) 1 cup whole grain cereal (other variety), d) ½ cup raisins, and e) ½ cup chocolate candies
2. Have each child empty the contents of their baggie into one large plastic storage bag. Have each child take a turn mixing the contents by flipping the large bag upside down.
3. Have each child take 1 cup of the mix and transfer it to a small individual bag to take home.
4. Encourage children to take the snack and recipe home to their family.

Nutritional Analysis for 1/2 cup snack mix

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Calories from fat</td>
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<tr>
<td>Carbohydrate</td>
<td>18g</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
<tr>
<td>Sodium</td>
<td>105mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>100mM</td>
</tr>
<tr>
<td>Iron</td>
<td>20% Daily Value</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>20% Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>4% Daily Value</td>
</tr>
</tbody>
</table>
Lesson 4

Worksheets
Lesson 4: You Choose, You Use Whole Grain Foods

Worksheet #1

Let's review from Lesson #3:
What goal did you set to help you eat more whole grain foods?

Did you meet your goal?
If not what can you do to help meet the goal before our next lesson?

Directions: Working with a partner or small group, fill in the blanks with grain foods from the list in the box on the right for one meal or snack as assigned by your instructor. Make sure at least one is a whole grain food.

Breakfast

________________________________________________________________________
________________________________________________________________________

Low-fat milk
Orange juice

Lunch

________________________________________________________________________
________________________________________________________________________

Fresh carrots or another vegetable
Small banana or another fruit
Low-fat milk or another beverage

After School Snack

________________________________________________________________________

Water or another beverage

Dinner

________________________________________________________________________
________________________________________________________________________

Broccoli or another vegetable
Apple or another fruit
Low-fat milk or another beverage

Total whole grain servings ____
Worksheet #2

Directions: From the snacks listed, circle two that you would like to eat after school at home. Check to see if the necessary whole grain foods are available in your home. Remember to read the label and look for clues to see if the grain products at home are whole grain. If not, put those that are missing on your shopping list. Bring the list back to school for the next lesson.

Snack Menus

Snack 1:
Whole grain cereal and milk

Snack 2:
Slice of whole grain bread toasted
Butter and jam
Apple juice

Snack 3:
Whole grain breadstick
Fresh fruit
Milk

Snack 4:
Popcorn
Orange juice

Snack 5:
Triscuits
Fresh carrots with ranch dip
Milk

Snack 6:
Whole grain tortilla with cheese
Water

Websites to help you plan menus:

- MyPyramid – tips to eat more whole grain foods
  http://www.mypyramid.gov/pyramid/grains_tips.html

- Kansas State University – ways to add whole grain
  http://www.oznet.ksu.edu/humannutrition/mf2560.pdf

- Whole Grains Council – easy family recipes for whole grains
  http://www.wholegrainscouncil.org/recipes.htm
Lesson 4: You Choose, You Use Whole Grain Foods

**Whole Grain Trail Mix**

2 cups whole grain Chex cereal (any variety)  2 cups whole grain rounded oat cereal
2 cups whole grain cereal (other variety)  1 cup raisins
1 cup candy-coated chocolate candies  1 cup peanuts, if desired

Makes 8 cups snack.  
(do not add if allergic to nuts)

**Directions:**
1. Mix all ingredients in large bowl; store tightly covered.
2. Or mix and store in large resealable plastic food-storage bag.

**Nutritional Analysis for 1/2 cup mix**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80</td>
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<td>Calories from fat</td>
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<td>100mg</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td>20% Daily Value</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>18g</td>
<td>20% Daily Value</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>1g</td>
<td>4% Daily Value</td>
</tr>
</tbody>
</table>

**Fruit, Cereal and Yogurt Parfaits**

2 bananas or other fresh fruit  1 container (6 ounces) low-fat yogurt
1 cup whole grain cereal (any variety) (any flavor)

Makes 2 parfaits.

**Directions:**
1. Slice bananas.
2. Alternate layers of bananas, yogurt and cereal in parfait glasses or cups.
3. Serve immediately.

**Nutritional Analysis for 1 parfait**

<table>
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<th>Calories</th>
<th>Sodium</th>
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<td>250</td>
<td>190mg</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>20</td>
<td>24% Daily Value</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
<td>25% Daily Value</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>55g</td>
<td>15% Daily Value</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>4g</td>
<td>30% Daily Value</td>
</tr>
</tbody>
</table>
Lesson 4

Quiz Bowl Cards
### Whole Grain Quiz Bowl Question #1
If you have a bowl of whole grain cereal for breakfast and eat a sandwich made with 2 slices of whole grain bread for lunch, how many whole grain servings did you have?

The Power of 3: Get Healthy with Whole Grains Lesson 4

### Whole Grain Quiz Bowl Question #2
Make over this breakfast so you get one serving of whole grain food: Egg, juice, and refined white toast

The Power of 3: Get Healthy with Whole Grains Lesson 4

### Whole Grain Quiz Bowl Question #3
**True or False?**
The ingredients for whole grain trail mix are raisins, nuts, and licorice.

The Power of 3: Get Healthy with Whole Grains Lesson 4

### Whole Grain Quiz Bowl Question #4
If you wanted to make a whole grain peanut butter sandwich and you only had refined white bread, peanut butter and grape jelly at home, what would you need to add to your shopping list?

The Power of 3: Get Healthy with Whole Grains Lesson 4

### Whole Grain Quiz Bowl Question #5
**True or False?**
Planning menus for meals ahead of time helps you eat 3 or more whole grain servings a day.

The Power of 3: Get Healthy with Whole Grains Lesson 4

### Whole Grain Quiz Bowl Question #6
Nickname: “Staff of Life” for his excellent nutrition and versatility.
Whole Grain Quiz Bowl Answer #1

Three

Whole Grain Quiz Bowl Answer #2

Have whole wheat toast instead of refined white toast.

Whole Grain Quiz Bowl Answer #3

False

Whole grain trail mix is made with whole grain cereal and dried fruit.

Whole Grain Quiz Bowl Answer #4

Whole grain bread

Whole Grain Quiz Bowl Answer #5

True

Whole Grain Quiz Bowl Answer #6

Kernel Wheat

THE POWER OF 3: Get Healthy with Whole Grain Foods
Lesson 4

Newsletter
Lesson 4: You Choose, You Use Whole Grain Foods

We are doing menu makeovers in school to offer more whole grain foods. For example, we can serve pizza with a whole grain crust and we can make French toast with whole grain bread instead of refined. Changing what you offer at home to include more whole grain foods may be easy for you too. Your child might enjoy whole grain grilled cheese sandwiches or whole grain tortillas for quesadillas instead of refined. Menu makeovers at home and at school will help children eat more whole grain foods throughout the day!

Teach your family healthy eating habits

This week in school your child learned how to plan meals and prepare a shopping list that includes whole grain foods. In this newsletter we offer more opportunities for you and your child to practice including whole grain foods as you plan meals.

Teaching healthy eating practices early will help children approach eating with the right attitude—that food should be enjoyed and is necessary for growth, development and for energy to keep the body running.

Children are good learners, and they learn best by example. Setting a good example by eating a variety of whole grain foods will teach your children healthy lifestyle habits that they can follow for the rest of their lives. Make a wide variety of healthful whole grain foods available in the house. This practice will help your children learn how to make healthy food choices.

Eat meals together as a family as often as possible. Try to make mealtimes pleasant with conversation and sharing, not a time for scolding or arguing.

Children like to do things instead of just hearing about them. Involve children in food shopping and preparing meals. Let children help choose the menu. These activities offer parents hints about children’s food preferences, teach children about nutrition, and provide children with a feeling of accomplishment. Children may be more willing to eat or try foods that they help prepare.

This week meet Cooli-Oat. Here are some interesting facts about this character:

- Born over 4,000 years ago in the Middle East.
- He is very rich in the B vitamins, the antioxidant vitamin E, and lots of minerals too!
- His favorite activities include being hulled and rolled.
- He loves to be made into warm or cold cereals, cookies, granola, breads and muffins.
- He is frequently caught lowering cholesterol and reducing the risk of heart disease.
- His protein content is in almost perfect proportion to your body’s needs!

Kids Win with Healthy School Meals

We are doing menu makeovers in school to offer more whole grain foods. For example, we can serve pizza with a whole grain crust and we can make French toast with whole grain bread instead of refined. Changing what you offer at home to include more whole grain foods may be easy for you too. Your child might enjoy whole grain grilled cheese sandwiches or whole grain tortillas for quesadillas instead of refined. Menu makeovers at home and at school will help children eat more whole grain foods throughout the day!
## Menu Makeover – Trading Whole Grains for Refined

Here are some easy ways to get more whole grain foods into your family meals. We’ve given some typical menu choices a makeover:

<table>
<thead>
<tr>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Egg, Canadian bacon, cheese muffin</td>
<td>1 whole grain bagel with jam</td>
</tr>
<tr>
<td>½ cup orange juice</td>
<td>1 cup whole grain cereal with low fat-milk</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Fish fillet sandwich</td>
<td>2 oz. roast beef on whole wheat bread</td>
</tr>
<tr>
<td>Small order of fries</td>
<td>1 oz. low-fat cheese, lettuce, tomato</td>
</tr>
<tr>
<td>1 small banana</td>
<td>1 small banana</td>
</tr>
<tr>
<td>1 cup low-fat milk</td>
<td>1 cup low-fat milk</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Potato chips</td>
<td>2 whole wheat crackerwiches</td>
</tr>
<tr>
<td>12 oz soft drink</td>
<td>(crackers with peanut butter)</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>1 cup refined grain macaroni and cheese</td>
<td>1 cup lasagna with whole grain noodles</td>
</tr>
<tr>
<td>1 cup spinach salad</td>
<td>1 cup spinach salad</td>
</tr>
<tr>
<td>2 refined grain breadsticks</td>
<td>2 whole grain breadsticks</td>
</tr>
<tr>
<td>1 apple</td>
<td>1 apple</td>
</tr>
<tr>
<td>1 cup low-fat milk</td>
<td>1 cup low-fat milk</td>
</tr>
<tr>
<td><strong>Whole grain servings</strong></td>
<td><strong>Whole grain servings</strong></td>
</tr>
<tr>
<td>0 servings</td>
<td>7 servings</td>
</tr>
</tbody>
</table>

Practice making over the following menu items:

- White rice
- Refined grain pancake
- White flour tortilla
- Refined grain cereal
- Blueberry muffin
Easy ways to eat more whole grain foods

1. Join the breakfast club. Choose from an abundance of convenient whole grain options such as cereal, muffins, bagels, waffles, pancakes and toast.

2. Bag it. Dry cereal can go where you go. Just put it in a plastic bag and take it along for a quick snack. Eat it plain, throw it in yogurt or have it with low-fat milk.

3. Meal in a minute. Spread pizza sauce on a whole grain bagel, add low-fat cheese, basil, and garlic and broil until the cheese bubbles.

4. Try a snack mix made from ready-to-eat, whole grain cereals.

5. Choose cookies made with some whole grain flour or oatmeal.

6. Curl up with a whole grain tortilla. Toss low-fat cheese on a tortilla and pop it in the microwave for a few seconds. Roll it up and dip in salsa for a healthy, fast snack.

7. Make a sandwich with whole grain bread. Sandwiches are portable. Add character with unusual vegetables such as crunchy water chestnuts, portobello mushrooms and mixed baby greens.

8. Choose a whole grain (whole wheat or oatmeal) muffin.

9. Use whole grain bread or crackers in a meatloaf.

10. Try brown rice stuffing (cooked brown rice, onion, celery, and seasonings) in baked green peppers or tomatoes.

11. Try a whole grain snack chip, such as baked tortilla chips.

12. For a change, try brown rice or whole-wheat pasta.

13. Use whole grains in mixed dishes, such as barley in vegetable soup and bulgur in casseroles or salads.

14. Try incorporating the new whole grain foods slowly by first using one slice of whole grain bread and one refined, or half whole grain cereal and half refined grain, or half white rice and half brown. Eventually you’ll be eating many more whole grain foods!

Recipes

Quick Tasty Whole Grain Bread Sticks


Ingredients:

4 whole wheat hot dog buns
Vegetable oil cooking spray
Parmesan cheese
Garlic powder

1. Preheat oven to 350°F
2. Open each bun and lightly spray the bun halves with cooking spray. Sprinkle with Parmesan cheese and garlic powder to taste.
3. Cut each bun half lengthwise into two sticks. Place the breadsticks on an ungreased baking sheet and bake for 10 to 15 minutes, or until crisp.

Makes 16 bread sticks.

Whole Grain Trail Mix

2 cups whole grain chex
2 cups whole grain round oat cereal
1/2 cup nuts
1/2 cup raisins
Mix and enjoy!

Planning Menus with Whole Grains

Bread, cereal, rice and pasta group (make half whole grain)

Breakfast

Lunch

Dinner

Snacks

Homework Instructions for Parents:

- Cut or tear off pages 3 and 4.
- Fill in the blanks below with names.
- Return pages to school with your child after you have completed the activities.

Child’s name____________________________________

Parent name____________________________________ Teacher name_________________________________
**Whole Grain Shopping List**

Take a look at the menu you planned on page 3. Do you have these whole grain foods at home? If not, check them on the list below and take it with you to the store next time you go shopping.

- whole grain bread
- whole grain crackers
- whole grain cereal
- wild rice
- whole grain muffins
- whole grain pasta
- whole grain tortillas
- whole grain bagels
- whole grain pancake mix
- whole grain pita bread
- brown rice
- oatmeal
- corn chips
- whole grain rolls or buns
- popcorn
- ______________________
- ______________________
- ______________________

**Family Conversation about Whole Grain Foods**

**Child:** Let’s talk about why it is important that children see adults eating whole grain foods. (For example, what is it about seeing an adult eat something that makes a child want to eat the same foods?)

**Adult:** How could we eat more whole grain foods as a family? (Hint: List whole grain foods that you could try. What whole grain foods could you substitute for other grain foods?)

**Child:** Which of these foods should I write on our shopping list? (Talk about the foods you want to add, does everyone like them, will they fit into your budget, for what meal will you eat these foods? Then check them on your list.)

**Adult:** Why is it important that children and adults prepare foods together? (What could you talk about as you prepare foods? What will children be learning about cooking or meal planning skills or healthy eating?)

**Child:** How often do we fix meals or snacks together? (In the past week, how often did you prepare foods together?)

**Adult:** What are some whole grain foods that we could make together? (How about making whole grain sandwiches, oatmeal, whole grain pasta, brown rice? Could we make these foods together?)

**Set Family Goals**

- Eat more whole grain foods for a specific meal.
- Adults model eating whole grain foods for children more often.
- Children ask adults to buy more whole grain foods.
- Adults buy whole grain foods more often.

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Add:
Name of organization
Contact information