

# NUTRITION

On Your  
Own

Self-Paced Lesson

SP-000-33 03/2011



Barn Dance Party  
The Adventures of Zobey (DV0568)  
Take-Home Lesson (requires a DVD player)

## Welcome to the Zobey Barn Dance Party Lesson!

Zobey's **Barn Dance Party** is a fun video about eating healthy foods like low-fat milk, fruits, vegetables and whole grains. This take-home lesson is about whole grains, and it has some easy ideas to help your family eat more whole grains. To get credit for this lesson:

1. Show the Zobey **Barn Dance Party** video to your child. Watch and dance along with your child.
2. Read this lesson.
3. Answer the questions on the last page.
4. Bring your answers with you to your next WIC appointment.

## What exactly are whole grains?

All grains start out as whole grains. Whole grains have three healthy parts:

- The outside part is called the **bran**, which has lots of fiber.
- The inside part is the **endosperm**. It's the starchy part that gives you energy.
- The **germ** is the part that sprouts when you plant it. That's where all the vitamins and minerals are.

When grain goes to a mill, it gets crushed and made into flour. If the flour has all three parts of the grain, we call it **whole grain flour**. But if it only includes part of the grain, it's called **refined flour**.



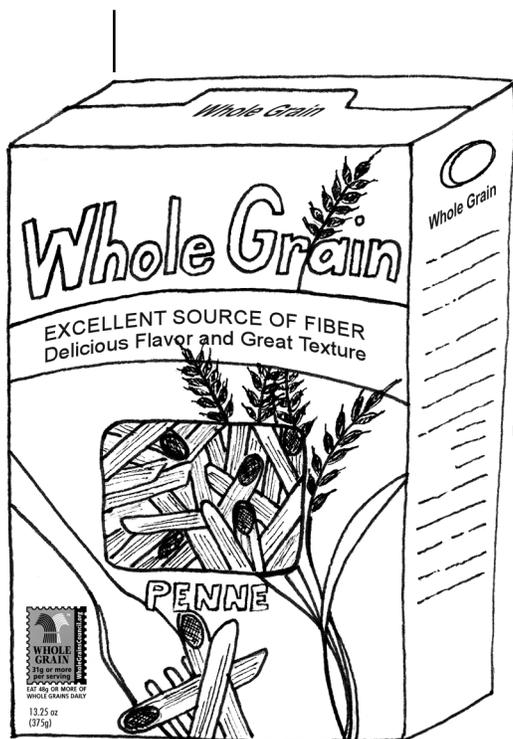
## What's so special about whole grains?

Whole grains are better for you since they have all the fiber, vitamins, and minerals found in all three parts of the grain. Whole grains can help lower your risk of heart disease, diabetes and some types of cancer.

Often, food companies add certain nutrients back to refined flour. This is called “**enriched**” **flour**. But enriched flour doesn't have all of the nutrients you get from whole grains. So the best plan is to **make sure that at least half the grains you eat each day are whole grains**.

## How can I tell if a food is a whole grain food?

Check the ingredients list. The main ingredient is always listed first. So if the first ingredient includes the word “whole,” you will know it's a whole grain food. Look for first ingredients like whole wheat flour, white whole wheat, whole durum wheat, or whole oats.



### Here are examples of whole grain foods:

- ▶ whole wheat breads
- ▶ whole wheat pastas
- ▶ brown rice
- ▶ oatmeal
- ▶ corn tortillas
- ▶ whole wheat tortillas
- ▶ certain breakfast cereals (look at the ingredients list to be sure)

**INGREDIENTS:** Whole durum wheat flour, semolina, durum wheat flour, oat fiber.

## Don't Be Fooled!

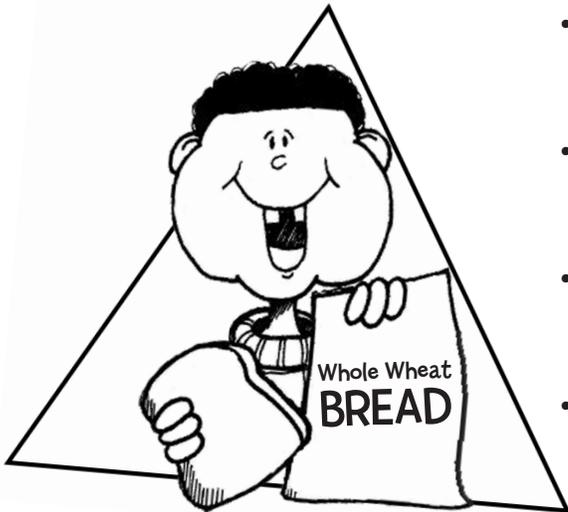
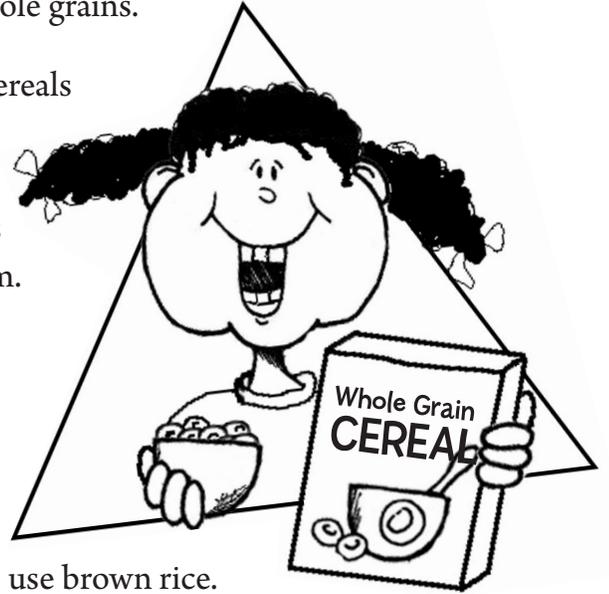
Some foods and food packages can be tricky. When shopping for whole grains, don't rely on the name, color, or a statement that the food is “made with whole grains.” Instead, check to see if the **first** ingredient has the word “**whole**” in its name. If it does, you know you are getting whole-grain nutrition!

# Kid-Friendly Ideas for **WHOLE GRAINS**

Most kids like foods like cereal, bread, tortillas and spaghetti, so try whole-grain versions of these foods!

Here are some ideas:

- Choose WIC breakfast cereals that are higher in whole grains. Your WIC Shopping Guide shows the cereal choices higher in whole grains.
- Crush whole grain cereals and use as a topping on yogurt, or on casseroles or muffins before you bake them.
- Make a snack mix with whole grain oat and wheat cereals, pretzels and raisins.
- Instead of white rice, use brown rice. You will need to cook it longer and use more liquid, but kids like the nutty flavor.
- Instead of flour tortillas, try corn tortillas or whole wheat tortillas.
- Use whole wheat bread to make French toast or grilled cheese sandwiches.
- Use whole wheat spaghetti and whole wheat lasagna noodles.
- Popcorn is a whole grain, so low-fat or air-popped popcorn makes a great snack. (Note: popcorn is a choking hazard for kids under 4.)



We hope you have some new ideas for adding whole grains to your family's meals. **Be sure to answer the questions on the next page** and return it at your next WIC visit. Thank you!

## Take-home Lesson Survey, The Adventures of Zobey, "Barn Dance Party" (SP-000-33)

Please watch the Zobey DVD, *Barn Dance Party*, with your child before answering these questions. Then bring your answers with you to your next WIC visit.

1. For each food, write down an idea that your family could try.

Whole Grain Food	How could we try this?
Whole wheat bread	
Whole wheat or corn tortillas	
Brown rice	
Whole wheat spaghetti	

2. Look over this list of whole grain foods. Put a check (✓) next to the whole grain foods that you can get with your WIC card.

\_\_\_ brown rice

\_\_\_ popcorn

\_\_\_ whole wheat macaroni

\_\_\_ corn tortillas

\_\_\_ oatmeal

\_\_\_ whole wheat tortillas

\_\_\_ whole-wheat bread

\_\_\_ Cheerios

\_\_\_ whole wheat spaghetti

\_\_\_ Mini-Wheat & Mini-Spooner cereals

