



Nurture – Adults Session 2

Whole Grains -The Benefits of Fiber

Agenda

20 minutes	<ul style="list-style-type: none"> • Welcome, sign-in, new participants complete waivers and intake forms • Exercise • Share participant recipes, experiences, tips, answer questions
20 minutes	<ul style="list-style-type: none"> • Discuss Whole Grains (Whole Grain Visuals) • Distribute sample packages of whole grain and enriched products. Have participants read ingredient list and look at fiber contents. • Distribute samples of whole grains for participants to taste such as steel cut oats, bulgur, barley, quinoa
15 minutes	<ul style="list-style-type: none"> • Taste Stuffed Peppers, discuss water needs in slow cooker • Recipe Framework – discuss possible substitutions
30 minutes	<ul style="list-style-type: none"> • Discuss Chicken and Rice, meat thermometers, have class shred chicken • Have class assemble Wheat Berry Salad • Taste both, Recipe Framework – discuss possible substitutions. Use Barley
5 minutes	<ul style="list-style-type: none"> • Complete session & recipe evaluations, distribute food & meat thermometers

Additional Materials need for class

Program Management materials - (Waivers and Forms in Nurture Adult Slow Cooker Series Planning Guide)	<ul style="list-style-type: none"> • Name Tags • Attendance sheet from week 1 plus new registrants – make sure children are signed in with a Nurture volunteer • Program Waivers • Health and Behavior Forms • Recipe Evaluation Forms • Session Evaluation Forms 	
Cleaning supplies – Food Serving and Demo Supplies – (In Nurture Storage Unit)	<ul style="list-style-type: none"> • Wipes • Sponge • Dish soap • Dish towels 	<ul style="list-style-type: none"> • Plates and bowls • Spoons • Cups and Water pitcher • Napkins

	<ul style="list-style-type: none"> • Paper towels • Extension cord • Power strip • Hot mitts 	<ul style="list-style-type: none"> • 4 rice cooker spoons for whole grains • 2 large spoons, Pizza cutter, cutting board for peppers • Large Roasting Pan, 2 large bowls, 2 forks for shredding chicken • Spoon for serving Wheat Berry Salad
Food Demos How to shred chicken Assemble Wheat Berry Salad	<ul style="list-style-type: none"> • Cooked steel cut oats, millet, quinoa – about 2 cups cooked of each for class with 15 participants • Slow cooker of Stuffed Peppers – 1.5 recipes • Slow cooker of Chicken and Rice - 1 recipe – USE BARLEY • Bowl of Wheat Berry Salad – 1 recipe 	
Teaching Aids from Nurture Storage	<ul style="list-style-type: none"> • Easel • Pad of paper • Sharpie • Whole Grain Visual and Identifying Whole Grains Visual • Jar of thyme for class to smell • Whole grains such as faro or spelt and brown rice • Bran (oat or wheat), wheat germ, whole wheat flour, white flour • Box/bag of whole wheat couscous, bulgur, barley, quinoa, steel cut oats • Sample packages: enriched wheat bread, 100% whole wheat bread, other grains packaging, and the visuals from identifying whole grains. Choose packaging of foods that your participants are likely to eat. 	
Supplies for Participants	<ul style="list-style-type: none"> • Cookbook/Notebook and Slow cookers for new participants • Meat Thermometers • Groceries 	

Everyone washes hands after exercise if exercise was on the floor.

Share Experiences

- Did anyone use the slow cooker? What did they make? Did they have any problems/successes?
- Any questions /comments from last week's lesson?

Whole Grains Lesson:

Today your children will be learning that food is fuel that gives our bodies energy to play, grow, learn and even sleep. They are also learning that some foods nourish our bodies better than others. If you go to the last section in your participant notebooks, the page after Fitting in More Fruits & Vegetables is a sheet on Go and Slow Foods. Nurture is explaining to your children that Go Foods nourish our bodies, help keep us healthy, and provide long lasting energy. Slow Foods may give us a quick burst of energy but then they slow us down. Slow foods are usually high in sugar, salt or unhealthy fats. Try and eat mainly Go foods and save slow foods for special occasions or an occasional snack.

(Ensure all participants have a good view of the visuals. Ideally multiple sets of samples that several participants can see at one time.)

Today we're going to talk about whole grains and learn to prepare a few meals using some of these whole grains. Turn the page in your cookbooks to the first handout on whole grains. By the end of the class you will

- Understand the difference between whole grains and processed grains and why whole grains are healthier
- Be able to identify foods containing whole grains
- Have some ideas for including more whole grains in your diet
- Know how to use the new meat thermometers you'll be getting.

There is a lot of confusion about whole grains. Can anyone tell me what whole grains are?

(Show poster) all grains start off as whole grains. A grain consists of 3 parts:

The endosperm- this is the starchy part of the grain. It contains a few vitamins, minerals and some protein.

The bran- this is the outer protective shell of the grain; it is rich in B vitamins and fiber.

The germ- this is where the seed is stored for a new plant. The germ contains B vitamins, protein, minerals such as potassium, magnesium and iron and healthy oils.

(Show the live samples and how they correspond with the different parts of the poster.

Encourage participants to touch the samples.)

When grains are processed the bran and germ are removed along with the vitamins, mineral and fiber they contain.

- Packaged and commonly eaten foods such as crackers, white breads and pastas contain only the **endosperm**.
- Manufacturers try to add nutrients back to the processed grain by adding vitamins and minerals. These types of grains are called 'enriched' grains. By consuming only enriched grains, your body misses out on many of the health benefits of whole grains.

Why are whole grains good for us?

- help us to maintain a healthy weight
- may reduce their risk for cancer, heart disease, and diabetes
- can help reduce cardiovascular disease, diabetes and high blood pressure.
- Whole grains have **more protein**. Protein is important for building lean muscle, giving us energy and keeping our blood sugar levels in check.
- Whole grains are less expensive than store bought cereals and packaged products like rice etc. For example, whole grain oats are approximately ½ the price per ounce compared to boxed oat cereals.

If whole grains are so good for us, why don't we eat more of them? **Allow participants to answer**

Many people are used to purchasing enriched (processed) grain products, such as cereals and snack foods. Also, companies often label foods in a sneaky way, and advertise that their food 'contains' whole grains. Just because an item 'contains' whole grains, does not mean it is a 100% whole grain food. Turn the page to the next page in your cookbook.

To determine if a food is a whole grain you need to read the **ingredient list**. Distribute packages.

1. For a **whole grain**, the ingredient list contains the word 'whole' or lists grains that are 100% whole grain, such as oats, millet, wheat berries, buckwheat, barley, bulgur, corn, quinoa, spelt or brown rice
 - **(Show picture example of brown rice)**. Notice that the only ingredient listed on the label is brown rice. 100% whole grain foods usually have a short ingredient list.
2. There are many foods that contain whole grains but **are not 100% whole grain**. *(These examples may not be effective for all ethnicities. If necessary, have packaging more appropriate for your audience.)*
 - Foods advertised as 'made with whole grains' can have a blend of 100% whole grains and enriched grains.
 - The ingredient list can give us a clue as to whether a product is mostly 100% whole grains, or if it is primarily enriched grains. The ingredient list places ingredients in order from majority to minority. For example, Gold Fish® (**show picture**) list whole grain wheat flour as its first ingredient; this means there is more whole grain in the product than any other ingredient.
 - These foods are usually not as healthy as 100% whole grain foods, but still contain vital nutrients, and fiber.
 - Now let's take a look at the Wheat Thins® (**show picture**). It lists enriched (processed) wheat as its first ingredient. We want to choose products that list 'whole grain' in the beginning of the ingredient list, not the end. So which of these two snacks (gold fish or wheat thins) is a better source of whole grains? Answer: The whole grain Gold Fish®.
3. Finally, we'll take a look at an **enriched grain (show picture of Sara Lee® Honey Wheat Bread)**. It sounds healthy, doesn't it? Let's take a closer look at the ingredient list. Notice that the first word is enriched flour. There is no whole grain listed anywhere in the ingredient list! Are you surprised? Again, we want to limit the amount of processed grains we consume and replace these foods with whole grains.

Have volunteers pass out plates filled with samples of cooked whole grains (steel cut oats, quinoa, millet) that aren't being used in the recipes of the day for participants to try.

- Ask for feedback about the taste and texture of the whole grains.
- Be prepared to answer questions about where they can buy the grains and their cost.
- Talk about how each could be prepared in a sweet and savory fashion.

Tell participants the first recipe they'll taste today is Stuffed Peppers made with whole grain Couscous. Show them the peppers in the slow cooker, then start cutting and plating them.

Now that we know what to look for when picking whole grain products, let's talk about how many whole grains we need to eat each day!

- The USDA recommends that half of our grains be whole grains. For growing children, that is at least 3-5 servings of whole grains each day.
- One serving is about the size of a slice of bread, or ½ cup.

Can we think of ways to incorporate more whole grains in our diets? **Ask participants to give ideas.**

- For Breakfast: Eat a bowl of oatmeal or whole grain cereal
- For Lunch: Choose whole wheat bread or pita, mix whole grains in your soups or salads
- For dinner: Try a new grain such as quinoa, millet, or brown rice.

(In some cultures they cook their grains in items other than water. For example, in some Latin communities like Mexico, rice is toasted in a little oil then a blended mixture of tomatoes, garlic, onions, and sometimes peppers is used as the liquid for cooking the rice. Talk about how this could be done with whole grains. Likewise, ask about other circumstances where participants are concerned about substituting whole grains and as a group brainstorm about how these substitutions could be made.)

The next page in your cookbook compares the nutritional benefits of different whole grains. We mentioned that whole grains can be a good source of fiber. Look at how much the fiber content varies with brown rice at 3.2 grams and bulgur at 13 grams. Today one of the recipes is for Chicken and Rice. We've substituted barley to give you exposure to a different, high fiber whole grain.

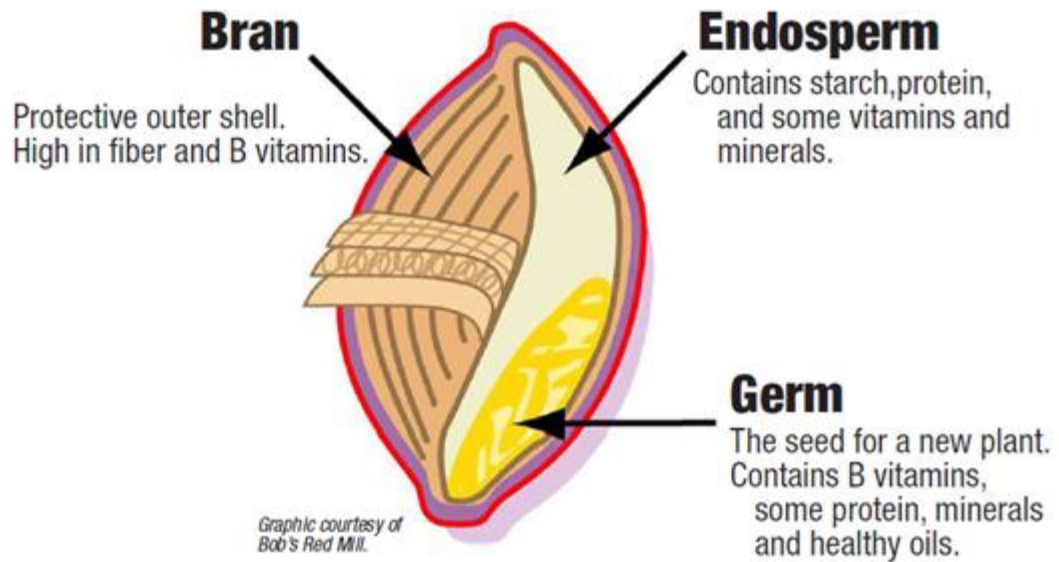
If you turn to the next page in your notebook you'll see information on why fiber is so good for us.

Additional Resources:

<http://www.cspinet.org/nah/wwheat.html>, <http://www.wholegrainscouncil.org/>,
<http://www.bellinstitute.com/ResourceDetail.aspx?ResourceId=425&PageId=81&SubPageId=65>



3 Parts of a Whole Grain





Ingredients

Organic Texmati Brown Rice



INGREDIENTS: Whole Grain Wheat Flour, Unbleached Enriched Wheat [Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Cheddar Cheese [(Pasteurized Milk, Cheese Culture, Salt, Enzymes). Water, Salt], Vegetable Oils (Canola, Sunflower and/or Soybean), Contains 2 Percent or Less of: Salt, Yeast, Autolyzed Yeast, Spices, Leavening (Baking Soda, Monocalcium Phosphate, Ammonium Bicarbonate), Annatto (Color), Onion Powder, Butter (Milk), Enzymes, Sodium Phosphate.



INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Soybean Oil, Whole Grain Wheat Flour, Sugar, Defatted Wheat Germ, Cornstarch, High Fructose Corn Syrup, Salt, Corn Syrup, Monoglycerides, Barley Malt Syrup, Leavening (Calcium Phosphate, Baking Soda), Soy Lecithin (Emulsifier), Vegetable Color (Annatto Extract, Turmeric Oleoresin), Onion Powder. BHT has Been Added to the Packaging to Help Preserve Product Freshness.

Sara Lee® Honey Wheat Bread



INGREDIENTS: Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, Honey, Yeast, Wheat Bran, High Fructose Corn Syrup, Wheat Gluten, Wheat Flour. Contains 2% or Less of each of the Following: Salt, Soybean Oil, Brown Sugar, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Dough Conditioners (May Contain One or More of the Following: Mono- and Diglycerides, Sodium Stearoyl Lactylate), Calcium Propionate Added to Retard Spoilage, Cornstarch.

Example Slow Cooker Recipes: Whole Grains

Clean up grain samples plates. Distribute peppers for tasting.

- When discussing recipe show box of whole wheat couscous.
- Very little liquid – just salsa - is needed because this is very fine and cooks quickly.
- When discussing [Recipe Framework](#)[©], other grains can be substituted as long as they are cooked before mixing with other ingredients and stuffing peppers.
- Use medium or hot salsa depending on your participants. Mild is too bland for many.

Stuffed Peppers - Pimientos Relleno

Ingredients:
4 green peppers
½ cup whole wheat couscous, dry
1 – 15oz can pinto beans, drained and rinsed
¼ cup red onion
½ cup jarred salsa, medium or hot
½ cup corn, fresh off the cob, canned, or frozen
1 cup shredded cheese, jack, cheddar, or both

of servings: 8

Directions: Slice the tops off the peppers and scrape out the seeds and membranes. Set in slow cooker. In a separate bowl, mix together remaining ingredients. Lightly fill the peppers with the mixture. Cover and cook on high for 2 to 2 ½ hours or on low for 4 – 4 ½ hours. Cut each pepper in half and serve.

Nutritional Information Per Serving:

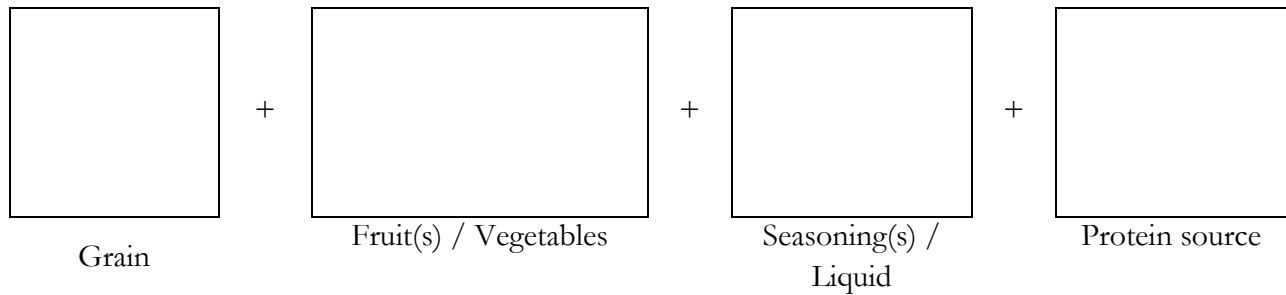
Calories:	173	Vitamins/Minerals	
Fat:	5g	Vitamin A:	7%
Saturated fat:	2.5 g	Vitamin C:	90%
% of daily total:	12%		
Carbohydrates:	25g	Calcium:	13%
Fiber:	5 g	Iron:	8%
Protein:	8.5g	Good Source of*:	
		Vitamin C, Calcium, B6, Magnesium, Niacin, Potassium, Riboflavin, Thiamin, Zinc	
		*10% or more of the RDA	

Based on 2000 calorie diet

Recipe Framework: Ideas for Adapting Recipes

Ask participants their feelings about the recipe and how they would adapt it to better suit their family's tastes. Would they substitute any grains? Change the seasonings? Add any meats or nuts for a different protein? Help them brainstorm until they understand how it works.

There are no wrong answers. However, bear in mind how long it takes to cook different vegetables. For example, if they want to add Spinach, they should add it at the end so it wilts. It takes so little time to cook; this will help it maintain its nutrients.



Example Slow Cooker Whole Grains Recipe: Chicken and Rice (substituting barley for rice)

Teaching Tips:

- Use a whole chicken and show it in the slow cooker. Explain to take out the giblets and other chicken parts and use for soup or chicken stock. Talk about cooking without skin to reduce fat.
- Show how to use the meat thermometer (see next page)
- Show class the whole chicken in the slow cooker. Demonstrate or have class remove chicken to roasting pan, remove skin and bones, shred, put meat in slow cooker. If the class isn't going to do this, have an assistant do this. While you talk about the next recipe.
- As class is tasting food, let them smell the thyme, and discuss the [Recipe Framework](#)[®].
- If the rice tastes too mushy, suggest it could always be added after the chicken is cooked.

Chicken and Rice – Pollo y Arroz

Ingredients:
Brown rice (1 - 16oz bag or box), cooked or 1 cup Barley uncooked.
1 whole fryer chicken (4 – 5 pounds)
1 onion, chopped
1 pound carrots, peeled and chopped
1 – 32oz can or box of low-sodium chicken broth and 1 cup water
½ teaspoon Garlic powder, 1 teaspoon each thyme and black pepper

of Servings: 16

Directions: Place onions and carrots in the slow cooker. Pour in the rice place chicken, whole or cut up, on top of rice and vegetables. Add seasons, chicken broth, and 1 cup water. Cover and cook on low 8 – 10 hours. If mixture looks dry while cooking, add broth or water to moisten. Discard skin and bones – Shred meat with fork and serve.

Nutritional information per 1 cup serving (without rice)

Calories:	275	Vitamins/Minerals
Fat:	5g	Vitamin A: 100%
Saturated fat:	1.3g	Vitamin C: 3.7%
% of daily total:	5.9%	Calcium: 3%
Carbohydrates:	25.8g	Iron: 7%
Fiber:	2g	Good Source of*: B Vitamins (not folate), Magnesium, Zinc, Choline
Protein:	18.6g	*10% or more of the RDA

Based on 2000 calorie diet

How to Use a Meat Thermometer (First section of cookbook, after Adapting recipes using Recipe Framework: Sweet Potato Burritos)

A meat thermometer helps

- Prevent food borne illness
- Prevent over cooking

Measuring the Temperature

- Insert the thermometer when you feel the food is cooked. Do not cook the food with thermometer in it.
- If food is not fully cooked remove thermometer and clean thoroughly with warm soapy water before testing the temperature again. Do not wash the measurement dial.
- Clean thoroughly with warm soapy water after use. Do not wash the measurement dial.

Poultry:

- Minimum safe cooking temperature is 165 degrees
- If the chicken or turkey is stuffed, the stuffing temperature must reach 165 degrees.
- Insert into the meaty inner thigh area near the breast.
- Do not touch any bones with the thermometer

Beef, Pork, Ham, Lamb, Veal

- Minimum safe cooking temperature is 145 degrees
- Insert into thickest part of the meat
- Stay away from bone, fat and gristle

Ground Meats and Ground Poultry

- Minimum safe cooking temperature is 145 degrees
- Insert into thickest part of the meat
- If the meat is thin (like a hamburger), insert thermometer into the side of the item

Example Whole Grains Salad: Wheat Berry Salad

Teaching Tips:

- Emphasize the flexibility of whole grains for salads. Easy to swap ingredients. Barley would be a good substitute if they can't find wheat berry. It has a similar texture.
- Be prepared to talk about where to find Wheat Berry, Feta Cheese and costs. These are both expensive ingredients that may not be so readily available, but they are used in small quantities, so the price point works. Wheat Berry can usually be found near other specialty grains.

Wheat Berry Salad - Ensalada de Bayas de Trigo

Ingredients:
2 cups wheat berry
6 cups water
½ red bell pepper, diced
½ yellow bell pepper, diced
1 cucumber, peeled and diced
1/3 red onion, diced
1 lemon, juiced
2 Tablespoons extra virgin olive oil, ½ teaspoon salt, pepper to taste
4oz Feta cheese, crumbled

#of Servings: 8

Directions: Rinse wheat berries well. Put the 2 cups of wheat berries and 6 cups water in slow cooker and cook on low for 8 to 12 hours. Remove wheat berries from slow cooker and allow to cool slightly. Add all remaining ingredients except for the feta cheese, and stir to combine. Serve with feta sprinkled over the top.

Nutritional information per 1 ½ cup serving

Calories	231	% of daily total	
Total Fat	7g	Vit A	6%
Saturated Fat	3g	Vit C:	28%
% of daily total	15%	Calcium:	10%
Carbohydrates	36g	Iron	10%
Protein	8g	Good source of*	B vitamins, iron, calcium
Fiber	7g	*(10% or more of the RDA)	
Sodium	306mg		

Based on 2000 calorie diet