Gordon Food Service®

KIDZ.I.N.E. GREAT GRAINS

kids zoning in on nutrition education

Whole grains are an important part of any healthy diet. They are a good source of fiber, carbohydrates (energy) and many vitamins and minerals. Whole grains include brown rice, wheat, corn, and oatmeal and can be found in some of your favorite foods like bread, popcorn, and oatmeal cookies! Look in your kitchen to find some of these items or others marked "Whole Wheat" or "Whole Grain" and remember to try to make half of your grains whole!

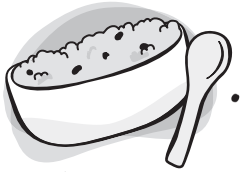
Whole Grain Word Search

See if you can find the whole grains hidden in the puzzle below.

amaranth, barley, buckwheat, bulgar, corn, millet, oats, quinoa, rice, rye, sorghum, spelt, wheat

Y	C	T	F	Y	M	N	H	V	N	P	Y	L	T	X
T	V	F	Y	I	R	T	X	W	W	W	P	M	A	B
K	C	Z	L	O	N	T	T	B	B	N	C	A	E	H
S	K	L	C	A	A	Z	A	V	J	K	G	Z	H	P
X	E	K	R	Y	M	B	Z	E	F	S	C	A	W	U
T	U	A	K	N	E	I	A	A	H	K	V	T	K	Y
R	M	U	N	O	A	T	S	R	H	W	N	L	C	B
A	R	J	D	X	L	P	F	Y	L	U	P	E	U	R
S	O	R	G	H	U	M	G	E	U	E	J	P	B	E
A	O	N	I	U	Q	P	L	M	W	B	Y	S	T	Y
S	P	S	O	H	O	R	A	O	B	U	I	M	V	M
T	R	I	Y	L	H	M	I	Q	E	L	A	V	F	Z
N	A	Z	V	P	A	L	L	C	Y	G	N	S	L	Q
S	Q	N	I	E	S	C	M	D	E	A	P	F	X	X
U	O	J	M	L	U	R	N	W	N	R	E	E	O	R

Brown Rice Pudding



Ask an adult for assistance in using the stove for this recipe.

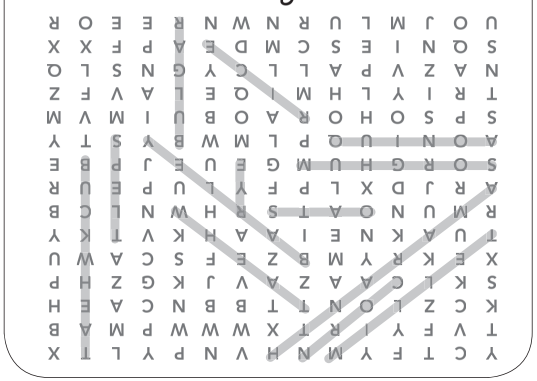
Ingredients:

2 cups cooked brown rice
1½ cups milk
¼ cup honey
1 Tbsp. butter
½ tsp. nutmeg
½ tsp. cinnamon
1 tsp. vanilla
1 cup dried fruit (raisins, cranberries, etc.), if desired

1. In a medium saucepan, combine rice, milk, honey, and dried fruit. Bring to a boil.
2. Reduce heat and simmer 20 minutes, stirring frequently.
3. Remove from heat and stir in butter, spices, and vanilla.

Enjoy!

Answers for the puzzle.
See how you did!



Whole Grain Fun Facts

- Each American consumes an average of 53 pounds of bread per year. That is about a loaf of bread each week!
- About just over 60 million acres of wheat are harvested in the U.S. each year. That is about the size of the state of Michigan!
- In 2006, the world's largest popcorn ball was unveiled. It was 24.5 feet across and weighed 3,415 pounds. Now that's a lot of popcorn!
- More oatmeal is sold in January than any other month.
- In China, instead of asking each other "How are you?" people might ask each other "Have you had your rice today?"
- Unlike other crops, wild rice is harvested by workers in a canoe who bend the stalks over their boat and beat the rice off.

Try some of these ideas to get more whole grains in your diet:

- Have oatmeal for breakfast.
- Make a sandwich with whole-wheat or whole-grain bread instead of white bread.
- Ask an adult to add some brown rice or barley to your favorite soup or stew.
- Eat popcorn for a snack.
- Make homemade granola with oats to eat alone or mixed in with your yogurt.
- Ask an adult to help you make brown rice pudding for a treat.