



UNIT 5:

Whole Grains

Go For Whole Grains!

A nutrition and physical activity curriculum designed to help children develop healthy habits during out-of-school time

Table of Contents

About Food & Fun After School.....	3
Unit 5 Information for Leaders	4
Activity Options for Children	5
Connect with Parents!.....	6
Resources	7
Activities	9
Mosaic Creations.....	9
Warm Up, Cool Down	10
Red Hen Relay	11
La Milpa	12
Make Flour.....	14
Recipes and Taste Tests	15
Recipe Criteria.....	15
Silly Popcorn	16
Corn on the Cob.....	17
Whole Wheat Banana Pancakes	18
Whole Wheat Mini-Pizzas	19
Awesome Granola.....	20
A Basic Guide to Taste Tests	21
Go for Whole Grains! Taste Test Ideas for Whole Grains.....	22
Taste Test Rating Sheet	23

This document was created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity for educational use in afterschool programs for children from kindergarten through fifth grade.

About Food & Fun After School

2nd Edition

The goal of **Food & Fun** is to assist program staff in providing healthier environments to children during out-of-school time. The curriculum is designed to incorporate lessons and activities about healthy eating and physical activity into regular afterschool program schedules. **Food & Fun** includes 11 teaching units that encourage healthy behaviors through active play, literacy and math skills development, creative learning, and hands-on snack time activities. With over 70 activities to choose from and a user-friendly layout for each lesson, Food & Fun makes it simple to promote healthy eating and physical activity in your program every day!

Environmental Standards for Nutrition and Physical Activity in Out-of-school Time Programs

- ★ Do not serve sugar-sweetened beverages.
- ★ Serve water every day.
- ★ Serve a fruit and/or vegetable every day.
- ★ Do not serve foods with trans fat.
- ★ When serving grains (like bread, crackers and cereals), serve whole grains.
- ★ Eliminate broadcast and cable TV or movies. Limit computer time to less than 1 hour each day.
- ★ Provide all children with at least 30 minutes of moderate physical activity every day. Offer 20 minutes of vigorous activity at least 3 days per week.

Teaching about healthy behavior is most effective when the program environment is consistent with the **Food & Fun** messages on healthy eating and physical activity. Programs are encouraged to work towards achieving the Environmental Standards for Nutrition and Physical Activity.

Food & Fun materials were created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity in partnership with the YMCA of the USA's Activate America initiative to help individuals and families lead healthier lives. In addition to afterschool programs, these materials are appropriate for use in a wide variety of out-of-school time programs, like summer camps, sports programs, extended day programs, and before school programs.

For more information on the Environmental Standards, see the **Harvard School of Public Health Prevention Research Center's Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs**. All **Food & Fun** materials, including parent engagement tools, tip sheets on implementing the Environmental Standards, snack recipes, and assessment tools can be downloaded at no cost from the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 5 Information for Leaders

Behavior Goal

Children will eat more whole grain foods.

Key Messages for Kids

- Whole grains are important because they help you feel full longer and make your body healthy.
- Eat whole grains (like whole wheat bread, whole wheat pasta, whole wheat crackers and brown rice) instead of refined grains (like white bread, muffins, pasta, and white rice) whenever possible.
- Breakfast is a great time to try whole grains. Try whole grain cereals, waffles, bread, or bagels.

Key Information for Program Staff

Many children do not eat enough whole grains. Whole grains contain fiber, vitamin E, and healthy fats. Whole grains help keep your blood sugar under control, arteries clear, and they also make you feel full longer. Refined “white” flour and sugar do not have the nutrients or health benefits of whole grains. When serving grains for snack (like bread, crackers, and cereal), serve whole grains! Read nutrition labels and choose 100% whole grain breads and cereals that have at least 3 grams of fiber per serving. Choose breads and cereals that list a whole grain first, like whole wheat, barley, oats or rye. As you explore all the different types of whole grains, try to incorporate foods that are relevant to the lives of the children you serve. Take time to talk to kids about the grains they eat at home, identify which of these grains are whole grains, and make sure to incorporate them into your snacks and activities in this unit.

Children have several opportunities during the day to consume whole grains. The two easiest meals to do so are breakfast and lunch since there are many cereals and breads made with whole grains. Out-of-school programs can help introduce such whole grain foods like whole wheat crackers (with no trans fats), breakfast cereals (with less than 5g of sugar per servings), mini whole-wheat bagels, and whole wheat pita bread. There are many whole grains options available for the same price as refined options.

Look for products with at least 3 grams of fiber and no more than 5 grams of sugar per serving.

Refer to the “*Whole Grains*” *Tip Sheet* for ideas on how to serve whole grains in your afterschool program. The Tip Sheets are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Arts & Crafts

Mosaic Creations – design pictures using grains



Active Games

Warm Up & Cool Down – do these whenever the children are active!

Red Hen Relay – children race carrying bags of flour



Suggested Books

Everybody Cooks Rice by Norah Dooley tells a multi-cultural tale of how different families cook rice; recipes included.

Bread is for Eating by David and Phillis Gershator explains how bread is created while Mamita sings, "El Pan es Para Comer" ("Bread is for Eating"). Music and lyrics in both Spanish and English are included.

The Little Red Hen, a Golden Book Classic illustrated by J.P. Miller tells the tale of the little red hen who plants, reaps, carries the wheat to the mill, and finally bakes bread while her barn friends sleep.



Group Games or Activities (can be used in circle time or small groups)

La Milpa- learn to make corn tortillas

Make flour from wheat berries



Snack Time Ideas

Silly Popcorn

Microwave Corn on the Cob

Whole Wheat Banana Pancakes

Whole Wheat Mini-Pizzas

Awesome Granola

Taste test ideas- Oatmeal (January is National Oatmeal Month) and popcorn with different toppings

You can also find these recipes in the Food & Fun 2nd Edition Recipe Packet, available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Connect with Parents!

Key Messages for Parents:

- Whole grain breads and cereals help you feel full longer, and are packed with fiber and other nutrients.
- Refined grains (white bread, muffins, pasta, and white rice) aren't as nutritious as whole grains (whole wheat bread, whole wheat pasta, and brown rice).
- Serve whole grain breads and cereals that have at least 3 grams of fiber per serving and no more than 5 grams of sugar per serving whenever possible.

Parent Communication Options:

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that you can engage parents at afterschool:

- Have a conversation with parents at pick up
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents in daily physical activities and snack time
- Hold regularly scheduled events each month
- Invite parents to participate in a healthy cereal taste test. Look for whole grain cereals with 5 grams or less of sugar and more than 3 grams of fiber. A few examples are Kix®, Cheerios®, Kashi Heart to Heart®, and Wheaties®. Show parents and kids that cereals can be healthy AND taste good!
- Hold a whole wheat pancake breakfast! If you serve kids before school, invite parents to a whole wheat banana pancake breakfast, or have an upside down day with breakfast for dinner! Try out the recipe in the Food & Fun Recipe Packet. Make extra copies of the recipes to give out to parents so they can make them at home!
- Whole grain options are available for the same price as refined grains! Display examples of whole grains foods that can be purchased for the same price as refined grains. Include the price tag in the display! Try whole wheat crackers like Triscuits®, whole wheat bread or pita, and/or whole wheat tortillas.

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun.

- **Newsletter Article:** "Get the Whole Story on Whole Grains". Insert this into your program newsletter.
- **Email Message:** "Healthy Habits Power Tips: Go for Whole Grains". Email this message to parents at the start of this unit.
- **Parent Handout:** "More whole grains, less added sugar for good health". Send this handout home in a mailing, insert it into your next newsletter, or have copies available for pick up at your program's sign-out area.

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

www.hsph.harvard.edu/prc/

Let's Move is First Lady Michelle Obama's initiative to provide parents with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.

www.letsmove.gov/index.html

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

www.healthiergeneration.org

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

www.actionforhealthykids.org/

The Whole Grain Council is an educational program helping consumers achieve better health by increasing their consumption of quick, easy, and delicious whole grains. Although the Whole Grain Stamp helps consumers spot foods containing at least 8g of whole grains, these products may still contain a lot of sugar! Some materials available in Spanish

<http://wholegrainscouncil.org/>

<http://wholegrainscouncil.org/resources/recursos-en-espa-ol>

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics. Available in English and Spanish.

www.kidshealth.org

kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Neat Solutions offers a comprehensive listing of nutrition education resources and books. The “Red Hen Relay” was adapted from a lesson on this web site.

www.NeatSolutions.com

The United States Department of Agriculture (USDA) has an interactive website that provides information about the MyPlate food guidance system with specific information on each food group, which can be tailored for individual needs.

www.choosemyplate.gov/

Web Sites for Kids:

The BAM! (Body and Mind) program provides tweens with tips on nutrition and physical activity. Children can explore the over 30 physical activities, including the necessary gear and how to play. They can also find great ideas for healthy snacks and meals.

www.bam.gov

KidsHealth also has a website especially for kids in English and Spanish.

www.kidshealth.org/kid/index.jsp?tracking=K_Home

www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

The Division of Adolescent and Young Adult Medicine at Children’s Hospital Boston produce the Young Men’s Health and Young Women’s Health websites to provide carefully researched health information to teens. They even have a special grains guide for teens section.

www.youngwomenshealth.org/grains.html

www.youngmenshealthsite.org/grains.html

MyPlate.org has a page of activities and materials for kids ages 6 to 11. It includes The MyPlate Blast Off Game as well as kids’ posters and coloring pages.

www.choosemyplate.gov/children-over-five.html

Activities

MOSAIC CREATIONS



Objective:

Children will become familiar with different types of whole grains by handling them in an arts and crafts project.

Materials:

- Various grains (oats, brown rice, popcorn kernels, whole wheat pasta, couscous, quinoa, amaranth, flaxseed, barley, wheat berries,)
- Various dried beans (black eyed peas, soy beans, chick peas, kidney beans, black bean, pinto, lentils – packaged dry bean soup mix works well)
- Sunflower seeds
- Glue
- Paper plates
- Small bowls or cups
- *Optional:* photo of each child

Instructions:

1. Distribute paper plates and have grains, beans and seeds available in bowls for children to share, or in individual cups. If desired, you can ask children to bring in grains from home, after discussing grains with them in your program.
Tip: Discuss with children how beans are not considered part of the grain group, even though they are grown from plants and are high in fiber. Beans are part of the meats and beans food group, because they are high in protein.
2. If using photos, have each child paste his or her picture in the center of the plate.
3. Instruct the children to make a creation by gluing the various items to the plate.
4. While they handle the grains and other items, ask if anyone can identify the different grains, beans, and seeds.
 - Explain that whole grains have lots of flavor, fiber and nutrients; we should go for whole grains everyday!
5. Hang completed projects on the wall and have a “gallery walk” where children view other projects.

WARM UP, COOL DOWN



Objective:

It is important for children (and adults!) to warm up their muscles and get the blood flowing before engaging in more vigorous/heart pumping activities. It is also important to allow the body to slow down instead of abruptly stopping an activity. Below are some ideas to help children ease into and out of the physical games.

Warm Ups:

- Walk around the gym or field, or up and down corridors if using modified space for activity. Begin at a slow pace, then increase the speed of each lap, but do not run.
- Play a short movement game such as “Red Light, Green Light” (children move across room when you say, “Green Light”, and stop when you call out, “Red Light!” Alter movement instructions with each start, e.g.: tip toe, hop or gallop.)
- Play “Simon Says” and incorporate stretching moves (such as “reach to the sky” or “touch your toes”) along with warming moves (such as “march in place” or “hop on one foot”)
- Perform simple stretches sitting on the floor. Remind children not to bounce or pull. For younger children, offer visual cues like, “reach forward and hug the beach ball”, or “paint a rainbow with your right hand...now paint one with your left”.

Cool Downs:

- Race across the gym or field with progressively slower movements: run then gallop then skip then walk then tip toe, etc.
- Repeat simple stretching activities.
- Introduce deep breathing or simple yoga moves as a way to cool down and relax (remind children that these can be used any time!).
 - Slowly (to the count of five) breathe in while bringing your hands together and rising over the head. Then slowly breathe out with a loud “whoosh” while bringing your arms down to the side.
 - “Cat” pose: create a table, supporting the body with the hands and knees. Breathe in and arch back so that the belly moves to the floor and the shoulders move back to look up. Breathe out to reverse the curve of the back like a cat stretching its back.

RED HEN RELAY

Adapted from NeatSolutions.com



Objective:

To be the first team to have all players carry the whole wheat flour back and forth from the mill to “home”, ending with the flour at “home”.

Note: You may need to use a mini-bag of flour for younger children.

Materials:

- 5 pound bags of whole wheat flour – one for each team, and each team must have an odd number of players

Preparation:

- Read *The Little Red Hen* prior to playing the game so that players connect the concept of the red hen with the relay

How to Play:

1. Each team of “red hens” lines up on one side of the room, with the bags of flour on the opposite side of the room.
2. The first players (“hens”) to go must run across the room and pick up the bag of flour at the “mill” and carry it back “home”.
3. The hens carry the flour back and forth so that the second “hen” runs to the mill with the flour while the third hen must go and collect the flour again.
4. The last player to go should return the flour to home, and the team that does this first, wins.

Extension Activities:

- If you have more space, instead of conducting a relay back and forth across a room, teams may run a traditional relay race around a track or field, passing the bag of flour as they go (and trying not to drop it during the hand-off!).
- For outdoor spaces with sand, team members race to a sandy area, fill a cup with sand, and race back to fill a bucket. The first team to fill their bucket wins.

LA MILPA



Learn to Make Corn Tortillas!

Serving size: 1 tortilla

Servings per recipe: 12

Objective:

Children will learn to make corn tortillas from scratch, and to understand the difference between corn and flour tortillas.

Note: If you do not have access to a griddle or stove, try the activity Make Flour instead of making corn tortillas!

Supplies:

Stove or hot plate

Large Bowl

Measuring cups

Spoons

Measuring cups

Ingredients:

2 cups instant “masa harina” (ask your local store for help if you have trouble finding it)

¼ tsp salt

2 Tbs unsalted butter at room temperature

1 ½ cups warm water

(Note: the dough can be prepared earlier and refrigerated)

Instructions:

1. Mix the masa harina and salt into a large bowl.
2. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon.
3. Add the water and mix with your (clean!) hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes. The dough can also be refrigerated and used the next day.
4. Divide the dough into 24 pieces (1 piece per child).
5. Have children roll their dough into a ball with their hands then slowly begin to flatten the dough by clapping it together in their hands. This action is called “palmear.” Make sure the tortillas are round and flat, like a pancake, but not too thin.

6. Place the tortilla onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one to two minutes more, until the tortilla appears to be done.
7. Serve with black beans and salsa for a delicious, healthy snack!

MAKE FLOUR



Objective:

Children will “mill” wheat berries into flour, and understand the difference between whole grain and refined flour.

Materials:

Wheat berries

Small food processor or coffee grinder

White flour

Instructions:

1. Allow the children to touch the wheat berries (pass small amounts around the room) prior to putting in the grinder.
2. Grind some of the wheat berries into a fine flour. What does it feel like now?
3. Compare the fresh ground wheat flour to white flour. Do they notice the difference in color? Explain that whole wheat flour, like they just made, contains all of the grain, nutrients, and fiber, making it a healthier choice than white flour (which is used to make white bread and in many baked goods and processed snacks like crackers)

Recipes and Taste Tests

Recipe Criteria



All recipes included in the Food & Fun 2nd Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of \$0.74 per serving for afterschool programs.

Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

- Level 1. No cooking required
- Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)
- Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!

Silly Popcorn



Level 2: Basic

Serving size: 1 cup

Servings per recipe: 20

Price per serving: 7¢

Preparation time: 2 minutes

Cook Time:

15 minutes for microwave popcorn

7 minutes for stovetop popcorn

Supplies:

Microwave or stovetop for popping corn

Large microwave-safe bowl

Large, deep pot with lid for stovetop (should fit at least 20 cups)

Small bowls or cups for toppings

Ingredients:

5 bags of microwave popcorn (trans fats/partially hydrogenated oil free) OR

1 cup of popcorn kernels

Vegetable oil

Variety of toppings/flavors to choose from: parmesan cheese, chili powder, cinnamon, taco seasoning

Directions:

1. For microwave popcorn, follow direction on package.
2. For stovetop popcorn:
 - Cover bottom of large part with 2 Tbsp oil
 - Put stove on medium. Test the oil heat by throwing a kernel in the pot and covering with the lid. (If oil smokes, the heat is too high.)
 - Add the rest of the popcorn and shake to coat with oil. Cover pot loosely with room for steam to escape.
 - Shake the pot frequently to prevent burning.
 - When popping is 3-5 seconds between pop, remove from heat.
 - Let stand until popping stops.
3. Mix popcorn (about 20 cups when popped) and 3 Tbsp oil (optional) in a bowl.
4. Choose seasonings and sprinkle over popcorn. Mix well.
5. Serve immediately and enjoy!

Corn on the Cob



Level 2: Basic

Serving size: ½ ear of corn

Servings per recipe: 20

Price per serving: 53¢

Preparation Time: 5 minutes

Cooking Time: See “Cooking Timetable”, plus 5 minutes cooling time per batch

Supplies:

- Microwave
- Sharp knife
- Paper towel
- Foil
- Paper bowls or cups for spices

Cooking Timetable:

- 1 ear - 1 1/2 minutes
- 2 ears - 3 to 4 minutes
- 3 ears - 5 to 6 minutes
- 4 ears - 7 to 8 minutes
- 5 ears - 8 to 9 minutes

Ingredients:

- 10 ears of corn on the cob
- Spices: pepper, lemon pepper, chili powder, taco seasoning

Adult Preparation:

- Chop corn ears into halves after cooking

Directions:

1. Place corn on a paper towel and cook in microwavewith husks and silk intact. They will cook in their own natural moisture.
2. Turn ears over and rearrange after 1/2 cooking time.
3. When ears are hot to the touch, remove and wrap in foil.
4. Let stand at least 5 minutes to cool off. Remove husks and silk (which is easier than when cold)
5. Have children top with spices to taste.

Whole Wheat Banana Pancakes



Level 2: Basic

Serving size: 1 pancake (4in diameter)

Servings per recipe: 12

Price per serving: 10¢

**Preparation and cook time: >45 minutes;
best for smaller programs and cooking
classes**

Supplies:

Electric griddle or frying pan and stove

Large and medium sized bowls

Measuring cups and spoons

Mixing spoon and spatula

Dinner plate or platter

Ingredients:

1 cup whole-wheat flour

2 tsp baking powder

1 Tbsp ground cinnamon

2 eggs, slightly beaten

1 cup low fat milk

2 medium, very ripe bananas

Cooking spray or butter to coat the griddle or pan

Optional: Fresh or frozen fruit like berries or melon to serve with pancakes

Directions:

1. In a large bowl, mix flour, baking powder, and cinnamon.
2. In another bowl, mash bananas. Mix in the milk and beaten eggs.
3. Pour banana milk mixture into the flour mixture and mix well.
4. If mixture appears too runny, add a little more flour; if too thick, add a little milk.
5. Coat a large, non-stick frying pan or griddle with non-stick spray or butter. Heat pan over medium heat for 2 minutes.
6. Spoon $\frac{1}{4}$ cup of batter onto the heated pan or griddle for each pancake.
7. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes, or until golden on both sides.
8. Place cooked pancakes on a plate and repeat steps 6 & 7 until all of the batter has been used, using more nonstick spray as needed.
9. *Optional:* Top with fresh or defrosted frozen fruit.

Whole Wheat Mini-Pizzas



Level 2: Basic

Serving size: 1 mini pizza (½ of an English muffin)

Servings per recipe: 24

Price per serving: 49¢

Preparation Time: 10 minutes

Cooking Time: 10 minutes per batch

Supplies:

- Toaster oven or stove
- Aluminum foil
- Nonstick cooking spray
- Tablespoons and forks or knives (to split muffins)
- Small bowls
- Sharp knife

Ingredients:

- 12 100% whole-wheat English muffins, split and toasted
- 2 cups chunky vegetable tomato sauce or plain pizza sauce
- 2 8oz packages of shredded mozzarella cheese
- Assorted vegetables like shredded carrots, sliced mushrooms, peppers, onions, etc. (place in small bowls)

Adult Preparation:

- Slice vegetables and arrange into bowls.

Directions:

1. Preheat oven to 400° F
2. Line baking sheet with foil and spray with non-stick cooking spray
3. Place toasted English muffins on baking sheet.
4. Spread each muffin with about 2 Tbsp of tomato sauce.
5. Let the kids add some of their favorite sliced vegetables – encourage children to try at least one topping.
6. Top with some shredded cheese.
7. Bake for 10 minutes or until cheese is melted.

Awesome Granola

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



Level 2: Basic

Serving size: ½ cup

Servings per recipe: 20

Price per serving: 72¢

Preparation time: 5 minutes

Cook Time: 25-30 minutes in oven;
8 minutes in microwave

Supplies:

- Glass Baking Dish
- Large bowl
- Oven or Microwave
- Cookie sheet or aluminum foil

Ingredients:

- 6 cups oatmeal, uncooked
- 1 cup shredded or flaked coconut
- 2 cups chopped pecans, walnuts or peanuts (Beware of any nut allergies!)
- ½ cup honey
- ½ cup (1 stick) of melted butter
- 1 Tbsp cinnamon
- 1 1/3 cups raisins
- 2 32oz tubs plain or vanilla low-fat yogurt

Directions:

For Conventional Oven:

1. Heat oven to 350° F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in baking dish for 25-30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly.

For Microwave:

1. Combine all ingredients, except raisins, in a large bowl; mix well.
2. Place in glass baking dish. Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking; stir in raisins.
3. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly.

To Serve:

Top ¼ cup of yogurt with Awesome Granola! Store extra granola in a tightly covered container.

A Basic Guide to Taste Tests

Key Information for Program Staff

Taste tests encourage children to try new healthy foods in a non-threatening manner. You can test just one item or recipe at a time, or compare new and familiar foods. Don't be afraid to reintroduce foods as children's taste and acceptance of new foods often change! Finally, when selecting foods, consider any food allergies that may be present.



Instructions and Things to Keep in Mind:

1. Determine how many children will taste the food and purchase the appropriate amount of food to be tasted.
2. Prepare food samples in advance, if possible, and have all materials (plates, small cups, napkins, etc.) readily available, along with clean-up items such as paper towels, wet wipes and trash bins.
3. Maintain proper sanitation procedures: clean work and surface areas, wash and dry all produce, and wash all hands.
4. Copy the taste test rating sheet (one per child), and consider writing in the foods to be tasted before copying the sheet. Each page has space to try two food items, so copy additional pages if you are trying more foods.
 - If you do not have access to a copier, try a creative rating method, such as placing popsicle sticks into coffee cans or other containers labeled with the rating options. (Like A Lot! Like Somewhat. Do Not Like Very Much.)
5. Ask children to wait until everyone has received his or her samples before eating, then have the children try the food and praise them for doing so.
6. Do not force a child to try a food; however, explain to the children that although they may not think they are going to like the new food, that tasting is a good way to find out. **Praise children for trying something new!**
7. Instruct children to express their opinions on their rating sheets without verbalizing how they feel about the new food. Summarize the group's evaluation (Did they like the food a lot? Somewhat? Or Not very much?) and decide whether or not they would eat/drink/make that food/beverage/recipe again. Provide opportunities for the children to offer feedback and comments on the taste, texture and smell of the food.
 - Be creative! Try blindfolded taste tests or incorporate taste tests into a team or group activity!
 - Be sure to serve those items that they like again!

Go for Whole Grains! Taste Test Ideas for Whole Grains



- Morning Munchers- taste different whole grain cereals (i.e.: oats, rice, wheat, corn). Make sure they are low (under 5g) in sugar!
- Lots of Loaves- compare different whole grain breads, or try pieces of various breads, like whole wheat, rye, multigrain, oat, etc.
- Cracker Comparison- try different types of whole grain crackers
- Tortillas- try different types of tortillas, like whole grain versus corn
- Silly popcorn- add toppings such as parmesan cheese, olive oil, garlic salt or cinnamon and sugar to fresh popped popcorn (if using microwave popcorn, check label for trans-fat free)
- Oatmeal- January is National Oatmeal Month so try different flavors of oatmeal, or with different toppings (milk, cinnamon, raisins or raisins, shredded coconut, nuts, etc)

Taste Test Rating Sheet

Today I tried: _____

I liked this:



A lot!

Somewhat

Not very much

Comments on the look, taste, feel or smell of this food: _____

Today I tried: _____

I liked this:



A lot!

Somewhat

Not very much

Comments on the look, taste, feel or smell of this food: _____
