



# THE SCOOP ON NUTRITION



*From Basil Chef of Nutrition*

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## Eating More Whole Grains

When you hear the phrase whole grains, do you immediately think whole wheat bread? And do your children say “Oh, yuck!”? Whole grains offer many health benefits, and making even half the grains your children eat a whole grain choice is a step in the right direction! Foods like white bread, white rice, corn or flour tortillas and pasta are made with refined grains. This means that during processing the fiber was stripped away, making them a less healthy choice.

The ideal number of whole grain servings for children per day is roughly 2 1/2 to 4 ounces. At the Nutrition Group, your school’s food service provider, we offer a variety of whole grain choices daily.

Besides the health benefits, whole grain foods offer a hearty, rich flavor. Why not try to replace a few refined grains with some of these whole grains:

- whole grain breakfast cereals
- whole wheat bread, waffles and bagels
- whole wheat pasta
- whole wheat tortillas
- brown rice
- oatmeal
- popcorn

Remember that whole grains fit as part of an overall healthy diet that includes plenty of fresh fruits and vegetables and a balance of foods from all of the food groups!



*Your school's cafeteria offers a variety of whole grains daily.*

## Chef Basil's Wellness Wednesday

Sweet Pea and Brown Rice Salad is Chef Basil's featured whole grain recipe. Brown rice is considered a whole grain since it hasn't lost its "wholeness" through the refinement process. It has a mild, nutty flavor. Brown rice is high in fiber and is rich in antioxidants and naturally occurring oils.



## RECIPE

### Sweet Pea & Brown Rice Salad

- 3 Cups cooked brown rice
- 2/3 Cup Italian dressing
- 1 1/2 Cup frozen peas, thawed
- 1/3 Cup celery, chopped
- 1 Tbsp red onion, diced
- 1 Tbsp shredded carrot
- Dried parsley garnish

Put warm cooked rice in a bowl, add Italian dressing and lightly toss. Add remaining ingredients except garnish and gently toss until coated. Serve warm or chilled. Garnish before serving.

**For more information visit [www.thenutritiongroup.biz](http://www.thenutritiongroup.biz)**



# Chef Basil's Wellness Wednesday

## Word Search

Help Chef Basil find these words about grains and grain products.

## Word List

BARLEY, BRAN, BREAD, BUCKWHEAT, CORN,  
FLOUR, GRAINS, MILLET, OATS, PASTA,  
POPCORN, QUINOA, RICE, RYE, SEMINOLA,  
SORGHUM, WHEAT, WHOLE WHEAT

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

Words may be vertical, horizontal, diagonal or backwards and upside down.

# GRAIN FUN FACTS

The United States produces more corn to feed animals than any other grain. In recent years corn production has hit new heights, with over 10 billion bushels harvested. If every ear of corn could be stacked end to end, it would be long enough to reach from Earth to Mars!

Kansas produces enough wheat each year to bake 36 billion loaves of bread and enough to feed everyone in the world, over six billion people, for about 2 weeks. An acre of Kansas wheat produces enough bread to feed nearly 9,000 people for a day.

The traditional bagel is the only bread product that is boiled before its baked.

One acre of wheat can produce enough wheat to furnish your family with bread for nearly 10 years.

A bushel of wheat makes about 42 pounds of pasta or 210 servings of spaghetti.

One bushel of wheat contains approximately one million individual kernels.

Wheat is grown in 42 states in the United States.





## *Wellness Wednesday Action Sheet* **GRAIN GROUP**

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Wellness Wednesday has quickly become a popular, anticipated monthly event for students, teachers and school administrators. Here are some suggestions that will help you effectively advertise your event and easily help to maximize your success.

*The Scoop* is an important part of Wellness Wednesday. It should go home to parents and be available on the school's website. It lets parents know that the event was hosted by The Nutrition Group, gives them an easy recipe that they can make with their child and provides useful nutritional information. Also, when children show parents their "I Tried Something New Today" sticker, having *The Scoop* to refer to helps parents recognize the value of the program and gives them the opportunity to reinforce the nutrition message with their child.

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- Start with the regular Wellness Wednesday table display and decorations. Add boxes of whole grains such as wheat bread, rolls, Cheerios, oatmeal and whole grain pastas, rice, brown rice and wild rice.
- Give each student that tries the new recipe an "I Tried Something New Today" sticker (web store item #16-05).
- Be sure to have copies of the word search from *The Scoop* for students to take.
- Give away Chef Basil bookmarks (web store item #10-002).
- Do a morning announcement on the day of the event. You or the school secretary can read this or a similar script on the morning of the program:

*"Good morning students! Today is Wellness Wednesday in our cafeteria. For our Wellness Wednesday sampling we are having Brown Rice and Chickpea Salad. Brown rice is from the grain group. Grain group foods are a good source of fiber. Please visit the Wellness Wednesday table for a sample of Brown Rice and Chickpea Salad. It's a very tasty and nutritious treat...you'll be glad you did!"*

### *Key Nutritional Messages:*

- Make half of our grains whole grains.
- Eat a sandwich or sub on wheat instead of white.
- Have whole wheat toast with your favorite cereal.
- Mix up your morning cereal with alternating with whole grain cereals such as cheerios or oatmeal.