

## Why eat **WHOLE GRAIN** foods?

Whole grain foods have a delicious nutty taste, and they help you and your child **stay at a HEALTHY WEIGHT** and fight off some of our most common health problems:

- **Diabetes**
- **Stroke**
- **Heart Disease**
- **Cancer**

### HOW MANY should we eat?



### **3 is Key!**

Make at least half of your grain foods whole grain. For most people, that means at least three servings each day.

### **About Pasta...**

Pasta is a great way to include whole grains in your child's diet. Kids love noodles! It may take some time to develop a taste for whole grain pasta. Try easing into it:

- Start with pasta made from a blend of whole-grains and white flour. Then graduate to 100% whole grain.
- Or mix half 100% and half traditional pastas.

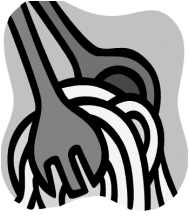
Brands of pasta vary a lot; keep trying different ones until you find the one that's just right for your family!

**Let's Get  
Cooking!**

### ***Kid-friendly Recipe: Lasagna Roll-Ups***

*Rolling up the noodles helps your child learn eye-hand coordination and practice fine motor skills — it's a little messy but a lot of fun!*

- 12 whole-grain lasagna noodles, cooked, drained, and patted dry with paper towel
  - 1 jar favorite spaghetti sauce
  - 1 large carton low-fat cottage cheese
  - 2 cups shredded mozzarella cheese
  - 1 Tablespoon parmesan cheese, if desired
1. WASH HANDS for 20 seconds (sing Happy Birthday song two times!). Preheat oven to 350° F.
  2. Combine cottage, mozzarella, and parmesan cheeses in large bowl.
  3. Spread about 1/3 cup of cheese mixture onto each noodle. Fold one of the short ends over about one inch, then roll up. Place seam side down in a greased baking dish.
  4. Pour spaghetti sauce over noodles.
  5. Cover with aluminum foil and bake for 40—45 minutes or until hot. Let set about 15 minutes



# Oodles of (whole grain) NOODLES!

*Classroom  
Activity*

At least half of the grain foods we eat each day should be whole grain — see the health benefits of whole grain foods on accompanying Family Resource take-home sheet. For most people that means at least three servings of whole grain foods each day. Many new whole grain products have hit the grocery store shelves in recent months, making it easy to reach that 3+ target. One of the most child-friendly is whole grain pasta. Kids love noodles!

Whole grain pasta comes in a wide variety of fun shapes and sizes; some are 100% whole grain and others are a blend of whole and refined grains. As with many new foods, it often takes repeated exposure before developing a taste for these new pastas. Try easing into it: start off with a blend, then graduate to 100% varieties. Or mix half 100% and half traditional. Brands of pasta vary a great deal in taste and texture; keep trying different ones until you find the one that's just right!

## **Activity Objectives:**

Children have positive tasting experience with whole-grain pasta and are challenged to taste variety of different healthful foods while working cooperatively to prepare a simple snack or lunch entrée.

## **Materials:**

- Recipe ingredients (next page)
- Measuring cups/spoons
- Grater
- Large mixing bowl and spoon
- Smaller condiment bowls and serving spoons

## **Discussion Points:**

- Ingredient shapes, textures, colors, tastes
- What are noodles made from? What food group do they belong to? What about the other toppings?
- How do noodles change when cooked?
- What other kinds of noodles do we like?
- Practice saying that funny word, “smorgasbord” — where did it come from? what does it mean? (see next page)

## **Children can participate by:**

- Mixing noodles and dressing together
- Helping to prepare toppings, such as washing and draining beans, washing vegetables.
- Older children can grate cheese — **CLOSE SUPERVISION REQUIRED!**
- Filling condiment bowls with toppings
- Selecting and dishing up own toppings

*(continued)*

### **Recipe: Noodle Smorgasbord**

6-oz whole grain egg noodles plus 6 oz traditional egg noodles (or make them all whole-grain)

3 Tablespoons olive oil or Italian-style salad dressing

Variety of toppings — choices might include: cottage cheese, canned black beans (rinse and drain well), shredded reduced-fat cheese, broccoli florets (can be lightly steamed), chopped tomato, chopped red or yellow bell pepper, sliced mushrooms, sliced olives, chopped parsley, finely-chopped mild onion or onion powder, minced garlic or garlic powder

- 1) WASH HANDS for 20 seconds.
- 2) Cook noodles according to package directions. Drain well.
- 3) In large bowl, mix pasta with salad dressing.
- 4) Prepare variety of toppings. Place in smaller bowls with and line up in middle of table. Serve up noodles to each child, then allow children to select and help selves to as many or few toppings as they would like. Challenge children to try as many new foods as possible!

Makes about 8 cups of noodles. One serving is about 1/2 cup.

*\*The term "Smorgasbord" (smor-ges-bord) comes from Sweden and describes a meal served buffet-style, with a wide variety of hot and cold dishes. Traditional Swedish smorgasbords featured balted fish; salads of boiled potatoes, eggs and cooked vegetables; and various sandwiches.*

