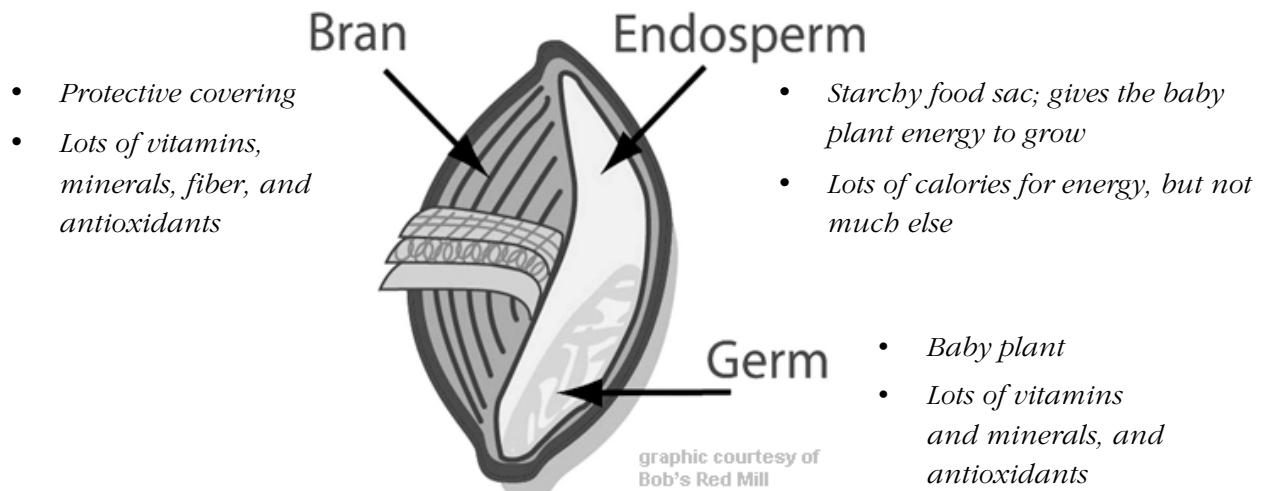


# What are WHOLE GRAIN foods?

Grains are seeds from plants such as corn, rice, wheat and oats. If we don't harvest them to eat, they can grow into new plants. Grains have 3 parts:



- ▶ When millers grind kernels of grain into white flour, they use only the endosperm; so white flour has lots of calories, but not much else. Whole grain flours keep all three parts — that's why they're so good for us!
- ▶ What about "enriched flour"? Because white flour is so nutrient-poor, the government requires millers to add back in a few vitamins and minerals, but enriched flour is still poor compared to whole grain.

**Let's Get  
Cooking!**

## **Kid-friendly Recipe: Fiesta Chips and Dip**

*Did you know that corn tortillas are whole grain foods? Your child will enjoy cooking and eating these easy, healthful chips and dip!*

- Corn tortillas
- Cooking oil spray, such as Pam®
- 1/2 cup fat-free canned refried beans
- 2 Tablespoons salsa
- 1 Tablespoon chopped fresh cilantro (optional)

WASH HANDS 20 seconds (sing Happy Birthday song twice).

1. To make chips, spray a light coating of cooking oil on tortillas. Cut into 8 wedges and spread in single layer on a baking sheet. Bake at 400° F for 8-10 minutes or until crispy.
2. To make dip, stir salsa and cilantro into refried beans. Enjoy!

One serving is about 8 chips and 1/4 cup of dip.

# Whole-Grain FIESTA FUN

Whole-grain foods come in many varieties — sandwich breads, cereals, oatmeal, and brown rice are probably the ones we think of first. But you can also find whole grain bagels, English muffins, pita breads, flat wraps, and tortillas. People who do not usually eat whole-grain foods may find it easier to eat them in these more unusual forms because they already expect them to have more texture and “chew.” Eating these “exotic” breads is a great way for children to learn about other cultures. The tortilla (pronounced “tor-tee-ya”) is a staple food in Mexico. You may choose between corn tortillas (they are all whole grain) and flour tortillas (read labels to choose the ones that are whole grain). To go along with this activity, a great book to read is *The Tortilla Factory* by Gary Paulsen. It has beautiful pictures and simple text that follows the cycle of life from grain seed to plant to tortilla. See the accompanying Family Resource take-home sheet for background on grains.

**Activity Objectives:** Children have positive tasting experience with whole-grain foods and learn about a staple food of Mexico.

**Materials:**

- Recipe ingredients
- Measuring cups, mixing bowl and spoon
- Plastic knives for spreading

**Children can participate by:**

- Filling up measuring cups with ingredients
- Mixing ingredients together
- Assembling own roll-up

**Discussion Points:**

- What shape is the tortilla? What is it made from? What food group does it belong to?
- Where do tortillas come from?
- Do we know anyone who comes from Mexico? What else do they like to eat? What is life like in Mexico?

## ***Recipe: Tortilla Roll-Ups***

- 8 small (4-5”) whole-wheat tortillas
- 1 can fat-free refried beans
- 1/2 cup salsa
- Shredded lettuce
- 1/2 cup shredded reduced-fat cheddar or monterey jack cheese

1. WASH HANDS for 20 seconds (sing Happy Birthday song 2 times).
2. Combine beans and salsa in bowl.
3. Drop about 1/4 cup of bean mixture in center of tortilla, then spread to edges. Sprinkle a tablespoon of cheese and lettuce over top.
4. Roll tortilla up and enjoy! Smaller children may want to just fold tortilla in half.

Serves 8.

