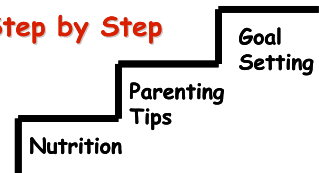


## Class Outline and Suggested Activities

### Breads and Grains Group – Basic Energy Choices!

## Building Healthy Families:

### Step by Step



### Handouts

1. Breads and Grains
2. Raise Your Fiber
3. Goal Sheets

### Other Material Needed:

1. TV/VCR

### Conduct Icebreaker and Distribute Materials for Class

- I am glad to see everyone back today!
- Would anyone like to share information about last week's goals: serving lower fat milks and trying a lower fat recipe?
  - **Wait for a response. Encourage additional comments. Allow about 2 minutes for some discussion.**
- What were some challenges?
  - **Wait for a response. Encourage additional comments.**
- What were some solutions you tried?
  - **Wait for a response. Encourage additional comments.**
- Congratulations on your successes!
- Here are the handouts for today's lesson. **(Pass Out Handouts)**
- Now, let's start with today's lesson about breads and grains.

### Review Materials/Handouts-10 minutes

- Use intervention flip-chart
- Pass out weekly handouts.
- Encourage clients to refer to the handouts that give more information about the topic.

Here is a review of the information to be covered in class.

### **Grains:**

- The Grains group contains bread, cereal, rice, and pasta.
- Foods in the grains group are high in complex carbohydrates or starches. They also give us protein, fiber, and many vitamins and minerals.
- We need about six ounces of grains each day. Half of the grains we eat should be whole grains. One ounce (or serving) of grains is:
  - 1 slice of bread
  - 1 cup of ready to eat cereal
  - ½ cup cooked oatmeal
  - ½ cup of rice
  - ½ cup pasta
  - 3 cups of popcorn
- Teens and men may need more than six ounces from the grains group per day.
- Foods such as bread, cereal, rice, and pasta are low in fat. Eat them plain or without added fat.
- Grain foods are usually low cost. Combine them with more expensive foods such as meat to make a meal.
- Individual packets of instant hot cereals are more expensive than a large box. Family-size boxes of cereal are also a better buy.
- Fresh bread can be stored at room temperature or refrigerated. If you don't use bread quickly, store it in the freezer for later.
- Store uncooked cereals, rice, and cornmeal in tightly closed containers in a cool, dry place.

### **Benefits of High Fiber Foods:**

- Promotes regularity and prevents constipation.
- May prevent you from getting certain cancers and heart disease.
- May help lower cholesterol levels.
- May help regulate blood sugar levels.

### **Ways to add fiber to your diet:**

- Add sliced, fresh fruit to cereal, yogurt, or cottage cheese.
- Eat whole grain cereals for breakfast.
- Eat 100% whole wheat bread instead of white.
- Serve fruits and vegetables for snacks.
- Use whole wheat flour in place of some white flour in recipes.
- Eat more beans and peas.

### **Watch Video Presentation-5 minutes**

Let's see how our video moms learn about healthy grains and fiber.

- Turn on the video.
- Check to be certain all can see and hear the video.

- Watch video presentation-5 minutes.

### **Intermission Discussion-3-4 minutes**

Pause the video. Begin asking discussion questions.

1.Can anyone share what high fiber foods they may have served their families?

- **Wait for a response and encourage additional comments.**

2.How did it work?

- **Wait for a response and encourage additional comments.**

3.What are the barriers you may have in trying to get your family to eat high fiber foods?

- **Wait for a response and encourage additional comments.**

4.What are some solutions to help your family eat more high fiber foods?

- **Wait for a response and encourage additional comments.**

### **Finish Video**

### **Final Discussion-10 minutes**

This video presented a lot of great information about high fiber foods, including how to use nutrition facts and ingredients to look for 100% whole grain foods.

1. How many of you are like Jamie, who served grains covered with sauces, spreads, and gravies?

- **Wait for response. Encourage additional comments.**

2. Wow, could you believe what a ½ cup of rice looked like?

- **Wait for response. Encourage additional comments.**

3. What other solutions do you have for getting your family to eat high fiber foods?

- **Wait for response. Encourage additional comments.**

### **Goal Setting**

- Please turn to the goal sheet for this week. The goal for this week is to serve 3 high fiber foods each day. Think about the challenges you may have getting your family to eat higher fiber foods. Think about the solutions that might work for your family and write down the best ones. Allow a minute or two for this.
- Mark down a YES on each day you are successful.

- Does anyone have any questions on this week's goal?

### **Food Preparation Activity-20 minutes**

- Now let's get to our food preparation activity. This week we are preparing whole wheat tortillas or show-time mix.

### **Cover food safety tips for the chosen recipe:**

- Read the recipe and make sure you have the food and equipment you need.
  - Measure the ingredients carefully and follow all steps in the order specified by the recipe.
  - Clean as you prepare and cook.
  - Turn off any equipment you may have used when you are done.
  - Wash all dishes with hot, soapy water.
  - Do not put sharp knives in the dishwasher.
  - Wash knives separately.
- Ask what food groups are included in the recipe.
  - Mention how these recipes can be good for meals and snacks.
  - Reinforce correct portion size.
  - Read food labels of food used.
  - Mention how including children in food preparation from an early age is very important.

---

### **Closing Reminder**

Remember to bring your goal sheet and notebooks back next week.

State the day and time of the next class.

Have a great week.

---

*Concepts adapted from the USDA MyPlate*