

# MAKE HALF YOUR GRAINS WHOLE WORKSHEET

This worksheet is about whole grains. Please complete all pages of the worksheet. If you have any questions at any time, please ask!

healthy habits every day

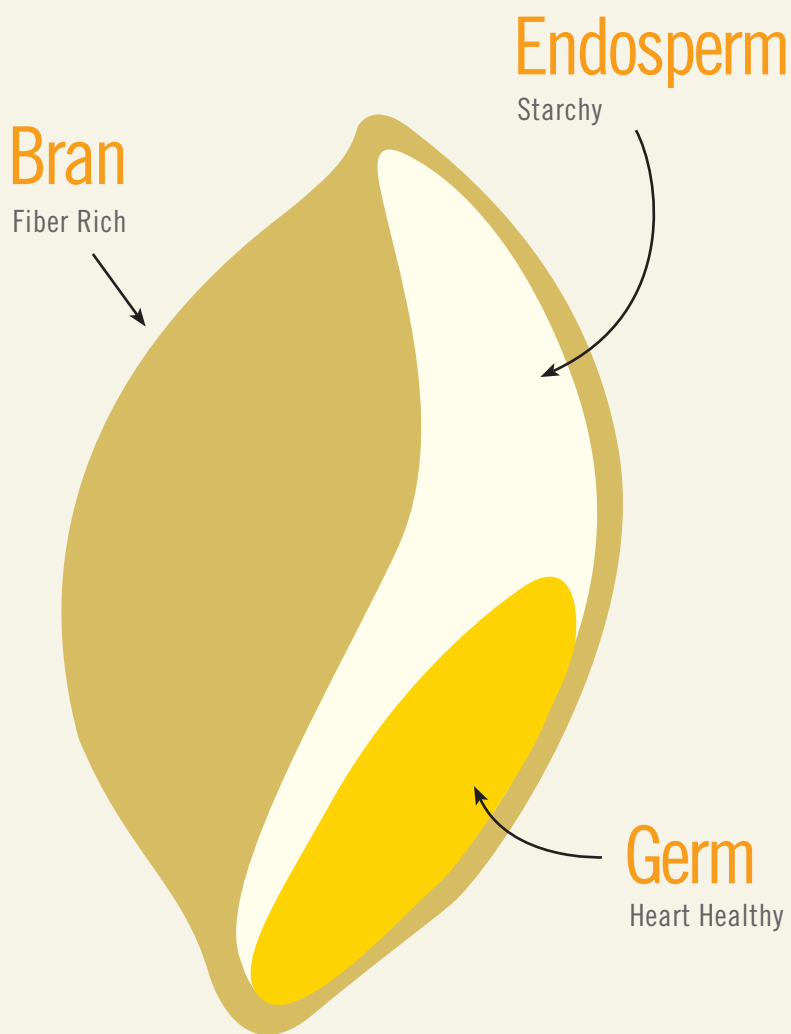
## ACTIVITY:1

### WHAT IS A WHOLE GRAIN?

#### DIRECTIONS:

All of the statements below are true. Please read each statement and place a check mark (✓) next to all that are **new** information to you.

- Whole grains have three parts: the fiber rich **bran**, the starchy **endosperm**, and the heart healthy **germ**.
- Whole grains keep all three parts, even after they are milled into flour and made into breads and cereals.
- Eating whole grains may reduce your risk of:
  - high blood pressure
  - high cholesterol
  - type 2 diabetes
  - some types of cancer
- Whole grains give your body energy.
- Eating whole grains can help you prevent constipation.



## Whole Grain

## ACTIVITY:2

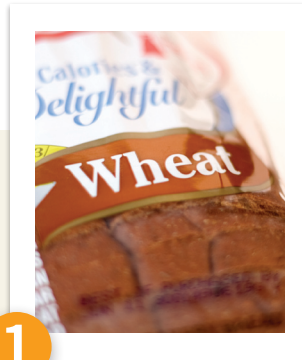
## COMPARING FOOD LABELS

### DIRECTIONS:

Read the ingredients on these bread labels and circle the bread that is the **best whole grain choice**.

### Selecting Whole Grain Foods

Look for food with a **whole grain** listed as the **first ingredient**. A food has more of the first ingredient than any other ingredient.



#### Ingredients:

Wheat flour, water, corn syrup, yeast, molasses . . .



#### Ingredients:

Whole wheat flour, water, brown sugar, yeast . . .

## ACTIVITY:3

## READING TRICKY FOOD LABELS

### DIRECTIONS:

Read questions 1–5 and circle **True** or **False** for each statement:

- |   |   |      |       |
|---|---|------|-------|
| 1 | All brown bread is 100% whole grain.  | True | False |
| 2 | If the label says “100% wheat”, it means that wheat is the only grain in the product.                     | True | False |
| 3 | “Multigrain” means that a food is whole grain.  | True | False |
| 4 | If the label says “made with whole grains” then you can be sure that the food is “100% whole grain”.      | True | False |
| 5 | The easiest way to find whole grain foods is to look on the front label for the words “100% whole grain”. | True | False |

### CHECK YOUR ANSWERS HERE:

- |   |  |   |   |
|---|--|---|---|
| 1 | <b>False:</b> Many brown breads have color added to make them look like whole wheat.                       | 4 | <b>False:</b> “Made with whole grains” means the food has <b>some</b> of the grain as whole grain. Check the first ingredient.                          |
| 2 | <b>True:</b> “100% wheat” means the only grain is wheat, but it may not be whole wheat.                    | 5 | <b>True:</b> Look for the words “100% whole grain” to select true whole grain foods. Yes, the easiest way is to look for 100% whole grain on the label. |
| 3 | <b>False:</b> “Multigrain” means it contains more than one kind of grain but they may not be whole grains. |   |   |

# ACTIVITY:4

## WAYS TO EAT MORE WHOLE GRAINS

### DIRECTIONS:

Check (✓) the suggestions you might consider trying:

- Choose **100% whole wheat** breads, tortillas, bagels and pita pockets.
- Try plain popcorn or brown rice cakes.
- Choose whole wheat pasta.
- Add brown rice, barley and other whole grains to your soups and casseroles.
- Substitute half the white flour with whole wheat flour in your regular recipes for cookies and muffins.
- Try one of these whole grain WIC cereals: Cheerios, Mini-Wheats, Life, Oatmeal Squares, or Instant Oatmeal.
- Experiment with new recipes. Check out cookbooks from your local library.

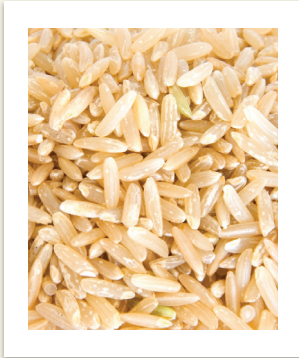


# ACTIVITY:5

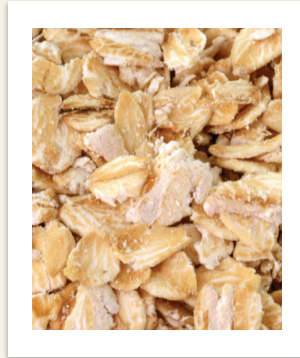
COMING OCTOBER 2009: WIC CHECKS FOR WHOLE GRAIN FOODS

**DIRECTIONS:**

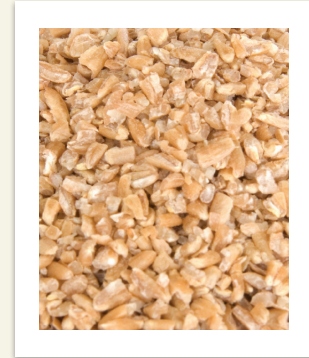
Starting October 2009 WIC will be offering checks to buy the following whole grain foods. Circle the foods you might buy.



Brown rice



Old-fashioned oats



Bulgur



Soft corn tortillas



100% whole wheat bread



100% whole wheat tortillas



Need ideas or recipes for preparing whole grains?

Ask your WIC staff.

**THANK YOU  
FOR PARTICIPATING  
IN THIS ACTIVITY!**



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