



Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson **3**

Make half your grains whole grains

Make at least half of the grains you eat whole grains, such as bread, tortillas, pasta and cereals.

Whole grains are good for your heart and digestive system. Because they are high in fiber, whole grains help you feel fuller longer which can help you maintain a healthy weight and good overall health.

The B vitamins, minerals and fiber in whole grains contribute to your child's growth and development.

What can you do to help your child choose a variety of whole-wheat or whole-grain breads and other grain foods?

- Next time you are at the grocery store help your child identify and count the number of whole grain foods they can find while you are shopping.
- Try a new 100 percent whole-wheat bread, cereal, cracker or pasta.
- Looking for something other than bread for sandwiches? Try 100 percent whole-wheat pita bread, English muffins or tortillas.
- Try other grains such as barley or bulgur. They can be added to soups or stews. Or make a stir-fry dish and serve over quick-cooking brown rice.
- Children love to be involved in preparing food. Let them help prepare a new recipe with whole grains such as the Banana Split Oatmeal.



Give yourself and those you love the goodness of whole grains.

Kids in the Kitchen

Your child gets to practice skills like:

- mixing ingredients
- measuring ingredients

For breakfast or snacks

- Cooked brown rice warmed with low-fat or fat-free milk, sugar and cinnamon
- 100 percent whole-wheat toast or bagel
- Oatmeal made with heated low-fat or fat-free milk



Don't forget! Move more

Physical activity is an important part of good health. Children and teens need to aim for 60 minutes or more of physical activity every day. Make family time, active time. Do things together such as jumping rope, exploring a new trail or neighborhood, and dancing.

Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms>.

Recipe



Banana Split Oatmeal

(Makes 1 serving)

Per Serving: about 150 calories, 1 grams (g) of fat, 30g carbohydrate, and 4g fiber.

Ingredients:

- 1/3 c. dry oatmeal, quick cooking
- 1/8 tsp. salt
- 3/4 c. very hot water
- 1/2 sliced banana
- 1/2 c. frozen vanilla yogurt, nonfat
- Cinnamon, if desired

Directions:

1. In a microwave-safe cereal bowl, mix together the oatmeal and salt.
2. Stir in water.
3. Microwave on high power for one minute and then stir. Microwave on high power for another minute and stir again. Microwave an extra 30 to 60 seconds on high power until the cereal reaches the desired thicknesses.
4. Stir.
5. Top with frozen yogurt and banana slices. Sprinkle with cinnamon if desired

Used with permission from North Dakota State University. https://www.ag.ndsu.edu/food/recipes/grains/banana_split_oatmeal.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Running out of money for food?

Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.