



Cloverbuds Cook with Pyramid Chef

Lesson 1: Eating and Growing Grains in Virginia

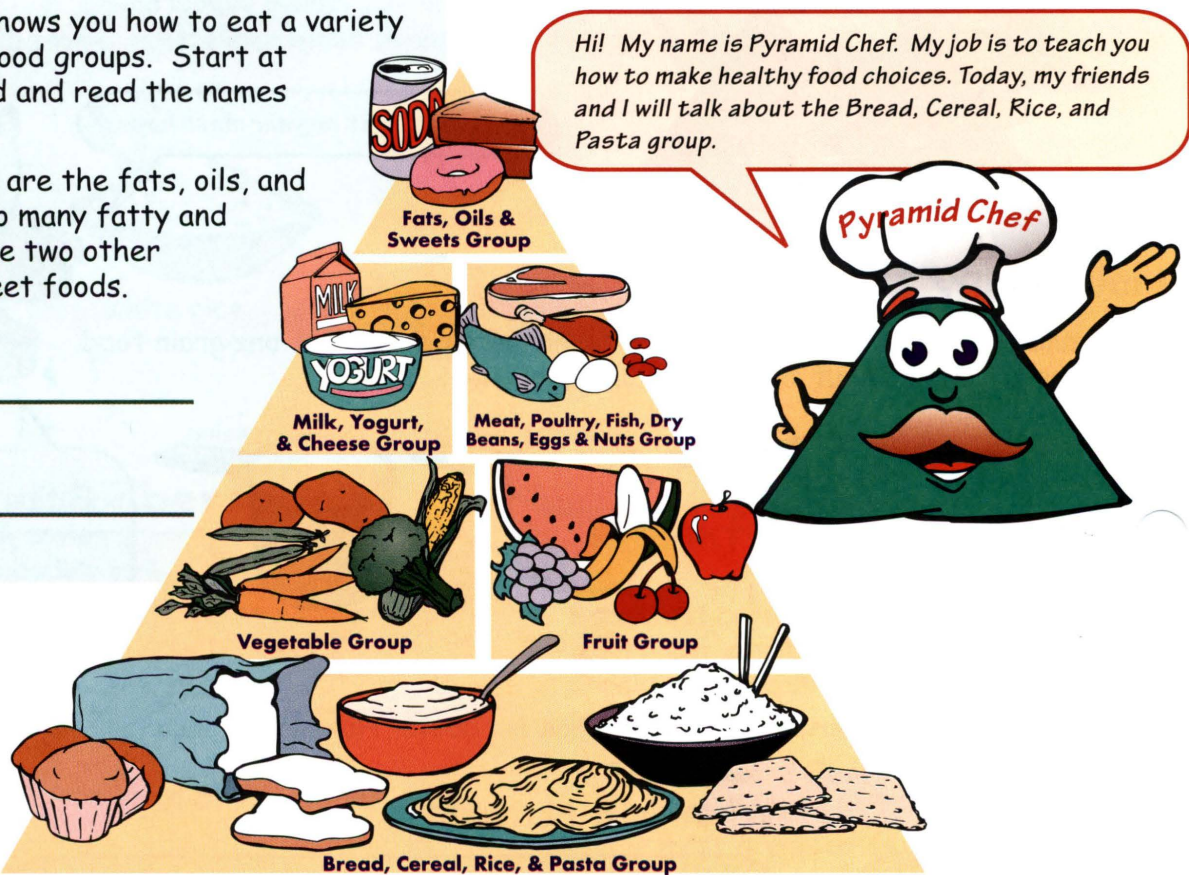
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The Food Guide Pyramid shows you how to eat a variety of foods. There are five food groups. Start at the bottom of the pyramid and read the names of each food group.

At the top of the pyramid are the fats, oils, and sweets. Try not to eat too many fatty and sugary foods. Why? Name two other examples of fatty and sweet foods.

1. _____

2. _____



Rufffff, Rufffff! My name is Pyramid Pup. I like to eat a variety of foods from all parts of the Pyramid. I eat 9 to 11 servings of grains each day. It is easy! There are many foods to choose in the pyramid. But first you need to know what a serving size is.

Where is the Bread, Cereal, Rice, and Pasta Group?
Circle it on the pyramid.

That's right! It is at the bottom of the pyramid. This is the group that contains the grains. You should eat 9 to 11 servings of grains every day.

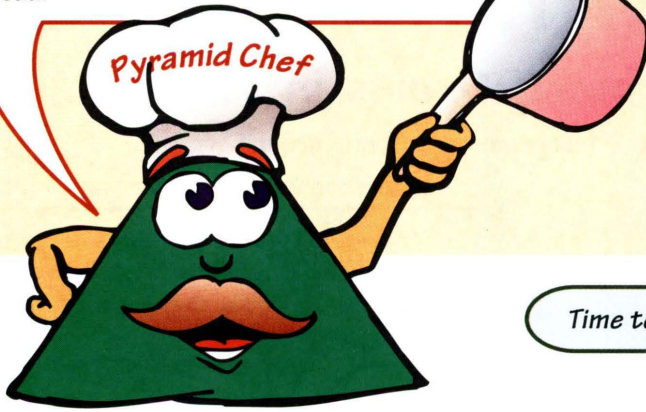
These foods give you energy for school and play. My friend Pyramid Pup likes to run with kids! He eats many different foods from all parts of the Food Guide Pyramid for energy.

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What Is A Serving Size?

What is a serving size? It is an amount of food that is equal to one serving of food. For example, one serving of a grain food is equal to one slice of bread.



1 serving equals:

- | | |
|-----------------------------|-----------------------|
| 1 slice bread | 1/2 cup cooked barley |
| 1/2 cup cooked pasta | 1 tortilla |
| 3/4 cup cereal | 1 pancake |
| 1/2 cup oatmeal | 3 - 4 small crackers |
| 1/2 bagel or English muffin | 1/2 muffin |
| 2 cups popcorn | 1/2 cup cooked rice |

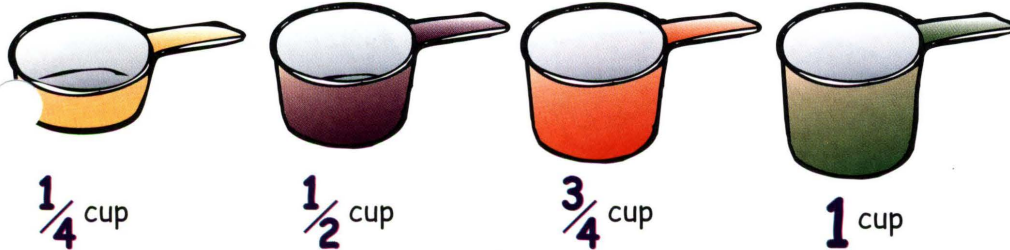
Time to put on your math hats.



Eating a variety of grain foods gives you two important nutrient called carbohydrates and fiber.

How Many Servings?

A. 1/2 and 3/4 measuring cups are used to measure a serving of one grain food. Circle the 1/2 cup and put an X on the 3/4 cup.



B. Circle all the 1/2 cup servings from the yellow list above. How many 1/2 cup servings are there? _____

What is a Nutrient?

It is a part of food that helps your body stay healthy. Each nutrient has a special job. Your body cannot make these nutrients. Eat a variety of foods to get all your nutrients.

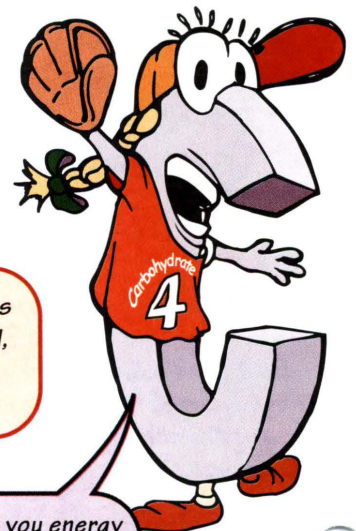
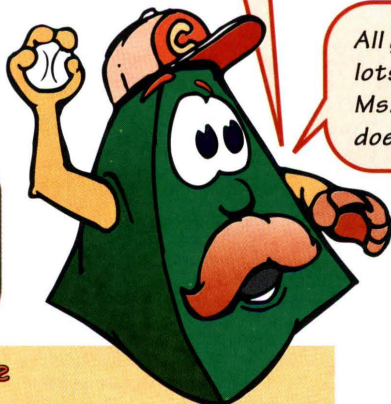
What is a Carbohydrate?

All grains have carbohydrates. Wheat has lots of carbohydrates. Here is my friend, Ms. Carbohydrate, to tell you what she does for your body.



Rufffff! Remember to eat a variety of grain foods. My favorite grain foods are biscuits and crackers.

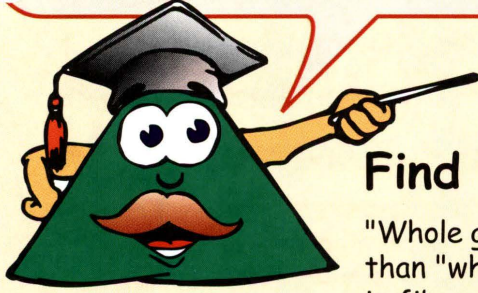
What is your favorite grain food?



Hi! I am Ms. Carbohydrate. I give you energy to work and play. I am also called "carbo!" You need to eat 9 to 11 servings of grains so I can give you energy. If you like to play, you really need me.

What is Fiber?

Grain foods also have fiber in them. What is fiber? Here my friend Fiberman to tell you why he is important.

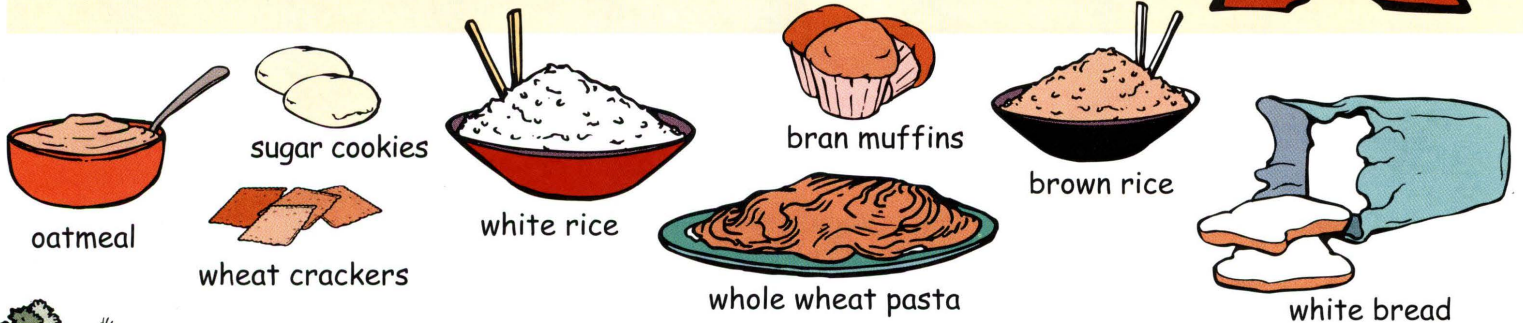


Hello! My name is Fiberman. Look at my stomach. I help to push food through your digestive system. Fiber is only found in plant foods. Grains that are chewy and darker in color have more fiber.



Find the Fiber!

"Whole grain" foods are darker in color. They have more fiber than "white" grain foods. Circle the five foods that are high in fiber. Hint: Fiber hides in darker or chewy foods!



(answers in Add Up the Fiber Activity)

How much fiber to eat?

Fiber is measured in grams.

Add five to your age. That is how many grams of fiber you should eat every day. For example, a 9-year old boy would need 14 grams of fiber every day. Try it!

_____ + 5 = _____ grams of fiber per day
(your age)

Add Up the Fiber

Let's learn about how much fiber is in grain foods. In the "Find the Fiber Activity" above, there are 5 high fiber foods. The foods that you should have circled are oatmeal, wheat crackers, brown rice, bran muffins, and whole wheat pasta.

A. If you ate all 5 of these foods, how much fiber would it be? Add up the total amount of fiber you ate.

Bran muffin: 4 grams Brown rice: 2 grams
Oatmeal: 4 grams Wheat crackers: 4 grams
Whole wheat pasta: 5 grams
Total grams of fiber = _____ grams

B. If you are 8 years old, would it be enough fiber for the day? Yes or No

_____ + 5 = _____ grams of fiber you need

Breakfast Grains

Breakfast cereals can be a good source of fiber. Let's read the Nutrition Facts on breakfast cereals to see how much fiber is in them.

A. Find the word fiber. Look at the number of grams next to it. Circle the cereal with the most grams of fiber.

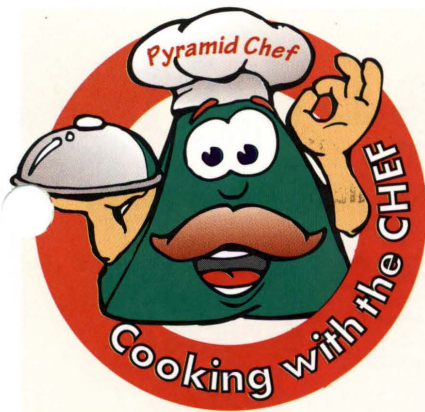
B. You need 12 grams of fiber each day. How many cups of Cereal A do you need to eat to get all 12 grams? _____

Cereal A

Nutrition Facts	
Serving Size 1 cup Serving Per Container 10	
Amount Per Serving	
Calories	120
% Daily Value *	
Total Fat	1g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	150mg
Total Carbohydrate 28g	
Dietary Fiber	1g
Sugar	15g
Protein	1g

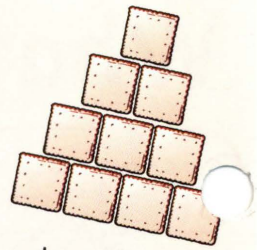
Cereal B

Nutrition Facts	
Serving Size 1 cup Serving Per Container 10	
Amount Per Serving	
Calories	110
% Daily Value *	
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	220mg
Total Carbohydrate 24g	
Dietary Fiber	3g
Sugar	4g
Protein	3g



Cracker Pyramid

Try making this Cracker Pyramid for a great high fiber snack!
Crackers are made from wheat grown in Virginia.



Ingredients:

- | | |
|---|---------------|
| Slice of Green Pepper or Favorite Vegetable | Cheese Spread |
| Salsa | Peanut Butter |
| Slice of Banana or Favorite Fruit | 10 Crackers |

Directions:

- Make 5 peanut butter crackers.
 - * Spread the peanut butter (Meat and Dry Beans Group) on crackers (Grains Group).
 - * Add banana slices (Fruit Group).
- Make 5 cheese crackers
 - * Spread with cheese spread (Dairy Group) on crackers (Grains Group).
 - * Add a spoon of salsa (Vegetable Group).
 - * Add a piece of your favorite vegetable (Vegetable Group).
- Lay ten crackers into the shape of a pyramid. (Grains Group)
- Drink a glass of 100% orange juice (Fruit Group) or a glass of milk (Dairy Group) with your snack.

I love this recipe! It contains a variety of foods from all groups of the Food Guide Pyramid.



Name two cereals that you can add to the top of the crackers.

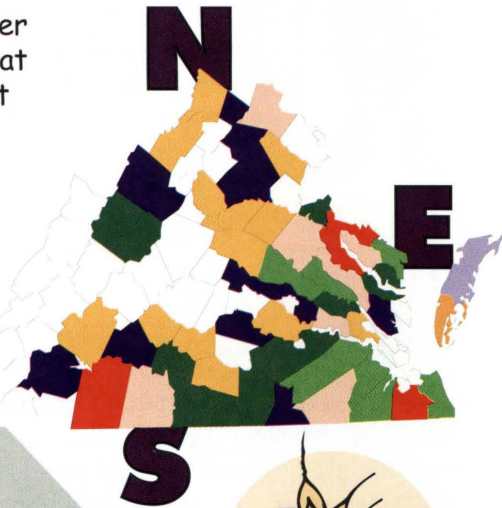
_____ &

Growing Grains in Virginia

Many farmers grow a variety of grains. Some grains are fed to animals. Other grains are sold to make foods. In 1999, 260,000 acres of soft red winter wheat were harvested in Virginia. That's \$42 million dollars worth! Growing wheat is an important business in Virginia. It is used to make bread, crackers, and cookies.

- Name the county that you live in. _____
- The colored parts of Virginia grow wheat. What part of Virginia does not grow wheat?

Eastern Western Northern



Farmer's College

Test your grain knowledge! Answer each question.

- When wheat is growing, the top part of the stalk of wheat that contains the grain is called?

Body Head Feet

- What part of the wheat is crushed to make flour.

Kernel Leaves Stalk

- What is the name of the machine that is used to harvest the grain?

Tractor Combine Airplane

