

# What We Learned Today

## Give Me the Whole Grain



*“Make half your grains whole.”* That’s the message we hear from health experts over and over again. But what exactly are whole grains, and why are they better than other grains?

During today’s ChildcareAlive! activity, your child learned about different kinds of whole grains. Bread, pasta, oatmeal, breakfast cereals, and tortillas are all examples of grains. *Whole grains* are foods made with the entire grain seed. Foods made with whole grains, such as oatmeal, brown rice, whole wheat pasta, and whole wheat breads contain more nutrients and have been shown to decrease the risk of many chronic diseases.

### Whole Grains for Breakfast

Breakfast is a great opportunity to add whole grains to your day. What makes a nutritious breakfast?

- **Variety.** Include foods from 2-3 different food groups (grains, protein, fruit, vegetable, and dairy).
- **Whole Grains.** Include one whole grain at breakfast, such as oatmeal or a whole grain cereal, waffle, or pancake. (Note: To check to see if a product is a whole grain, the first ingredient listed should be a whole grain, or contain the word “whole,” such as “whole wheat flour” or “whole oats.”)
- **Powerful Protein.** Protein foods, such as eggs, lean ham, or peanut butter help children to stay full and focused until lunch time.
- **Fruits and Veggies.** Fruits and veggies are quick, simple, and nutritious - perfect for breakfast time! Try grapes, pears, bell peppers, or bananas.

## On-The-Go

Are mornings a busy time for you? Does breakfast become more of an after-thought than a necessity?



Try some of these tips for a quick, easy, and nutritious breakfast.

- 1 Plan ahead.** To save time, try setting the table the night before. Example: put cereal boxes out with bowls and spoons ready to go.
- 2 Keep it simple.** Breakfast can be easy and nutritious, like a bowl of whole grain cereal and banana slices.
- 3 Change it up.** Children and adults can both get tired of eating the same thing everyday. Try something new or different for breakfast, like one of the ideas on the back of this page. Today your child made and tasted the peanut butter banana wrap!

# Thinking Outside the Cereal Box

Does your breakfast need a makeover? Try one of these non-traditional breakfast ideas:

- Peanut butter/banana sandwich on whole wheat bread
- Mini pizza on whole wheat English muffin with veggies
- Scrambled eggs with salsa in whole wheat tortilla
- Low-fat yogurt with strawberries and granola
- Fruit smoothie with low-fat yogurt and skim milk
- Grilled cheese sandwich on whole wheat bread
- Slice of turkey and cheese wrapped in a tortilla
- Cheese or peanut butter toast



## Easy Whole Grain Recipes

### Peanut Butter Banana Wrap



**Ingredients:**  
Peanut butter  
1 banana  
1 whole wheat tortilla

**Directions:**

Spread peanut butter on tortilla. Place whole, peeled banana on tortilla. Roll tortilla around the banana and enjoy.  
Tip: This would be a great, on-the-go breakfast option.

### Mini Breakfast Pizzas



**Ingredients:**  
Whole wheat English muffins  
Tomato sauce  
Shredded cheese  
Veggie toppings:  
onions, bell peppers

**Directions:**

Cut English Muffin in half. Toast briefly until warm (not browned). Spread tomato sauce on each half. Top with cheese and veggies. Bake mini pizzas on baking sheet for 375° for about 10-15 minutes, or until cheese is melted.

 For more recipe and activity ideas, Like ChildcareAlive! on Facebook.

Together with your child, write down some of your favorite foods for breakfast:

Choose one new, healthy food to try for breakfast this week (make one a whole grain):