



Whole-Grain Hacks Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel
or heart.org/healthyforgood

- ❑ Video – [Cooking Whole Grains](#)
- ❑ Video – [Southwestern Quinoa and Egg Breakfast Bowl](#)

Find these resources in this lesson

- ❑ Handout – **Whole Grains vs. Refined Grains**
- ❑ Handout – [Types of Whole Grains and How to Prepare Them](#)
- ❑ Recipe – [Southwestern Quinoa and Egg Breakfast Bowl](#)
- ❑ Recipe – [Mediterranean Toasted Quinoa and Spinach](#)
- ❑ Handout – [Setting SMART Goals](#)

SPACE SETUP

- ❑ [UAVno AaL rAI^No Scn kAnrVJVkAaro](#)
- ❑ Pens for participants
- ❑ Folders
- ❑ [3AI^N Scn Jcc\]VaT LN`c](#)
- ❑ [c`ksrNnš VarNnaNr AJJNoo AaL knC\NJrcnš VS AxAV^AI^N](#)
- ❑ Easel
- ❑ [-corNn IcAnLš NAoN^ kAL cn ^AnTN Ln{ NnAoN IcAnL™](#)
Write the following on it:
Whole Grains:
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 - [sJ\]yUNAr](#)
 - [s^Tsn](#)
 - Millet
 - Oatmeal
 - Quinoa
 - Rolled oats
 - [:Uc^N®TnAVa lAn^N{](#)
 - Whole oats
 - Whole rye
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Whole-Grain Hacks Demo Script

SAY:

Today we are going to explore the world of whole grains. Whole grains are

rich in fiber, vitamins, and minerals, and they can help reduce the risk of heart disease and other health

problems. Choosing whole grains can help with weight control.

The American Heart Association recommends that at least half of the grains you eat in a day are whole grains.

What are whole grains?

Whole grains contain the entire grain

including the bran, germ, and endosperm. Examples of whole grains include wheat, rice, oats, and barley. Whole grains are a good source of fiber, which can help with digestion and keep you feeling full longer. They also contain important nutrients like B vitamins and iron.

Some examples of whole grains are whole wheat bread, brown rice, and quinoa. These grains are healthy and delicious. They can be used in a variety of recipes, from salads to soups. Whole grains are a great addition to any diet.

Some examples of a serving of whole grains are:

- 1/2 cup of cooked brown rice
- 1 slice of whole wheat bread
- 1/4 cup of cooked quinoa
- 1/2 cup of whole wheat pasta
- 1/2 cup of whole wheat cereal

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- 1/2 cup of whole wheat cereal

Most people don't eat enough whole grains so I'm going to offer some simple tips to make whole grains a part of your healthy diet.

Choose whole-grain foods that contain

at least 25% whole grain. Examples of whole grains include wheat, rice, oats, and barley.

Point to the easel where you've written the following:

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Whole-Grain Hacks Demo Script (continued)

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more tips for increasing the whole grains
in your diet.

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Whole-Grain Hacks Activity Script

Turn to the demo table and remove the quinoa from the pot.

SAY:

Now I'm going to divide you up into teams and dish out the quinoa so you can prepare the Southwestern Quinoa and

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and green onions.

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ingredients on the quinoa.

Now lightly spray your skillet with cooking spray. Heat over medium-high heat.

Crack each egg in the skillet with salt and

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are still runny.

Now take your spatula and transfer a

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What do you think? **Wait for a few replies**

After the group activity SAY:

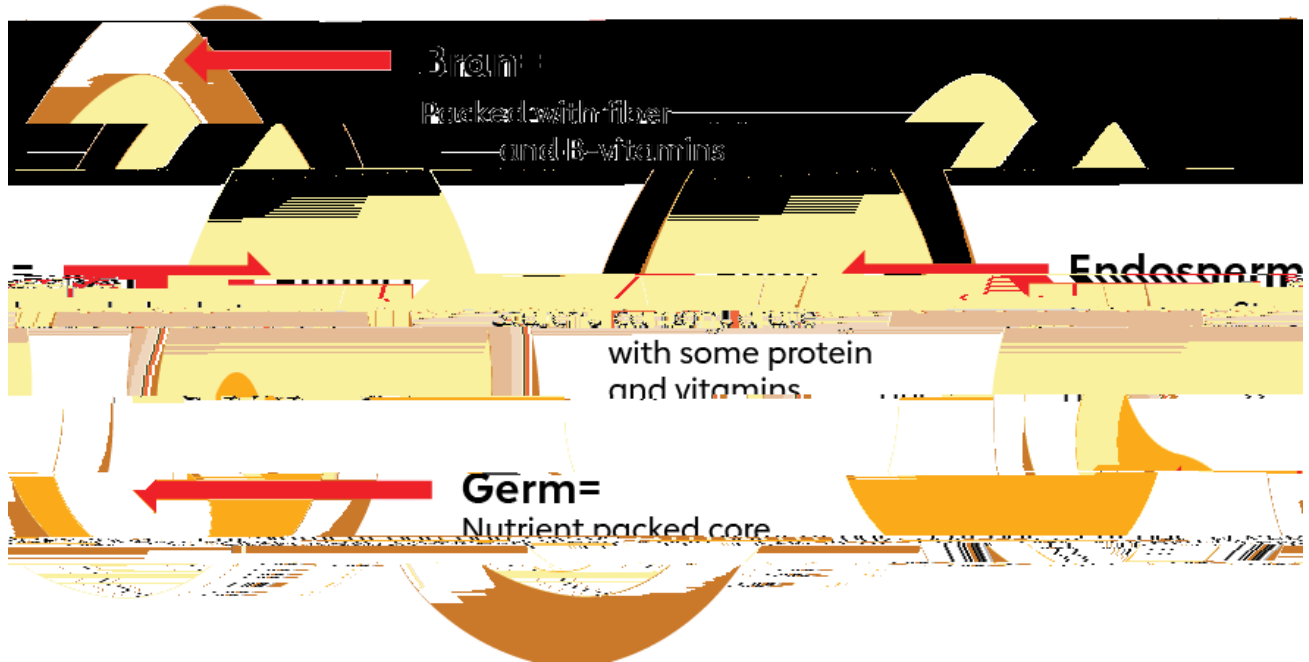
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Whole Grain vs. Refined (White) Grain

Whole Grain

vs.

Refined (White) Grain



Southwestern Quinoa and Egg Breakfast Bowl

Makes 4 servings; 1 bowl per serving
Per serving: 244 Calories; 2.5 g Saturated Fat; 154 mg Sodium

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INGREDIENTS

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Mediterranean Toasted Quinoa and Spinach

Makes 4 servings; 1½ cups per serving
Per serving: 292 Calories; 1.5 g Saturated Fat; 129 mg Sodium

colorful with shreds of deep green spinach and slivers of red onion.

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 cup spinach, shredded
- 1/2 cup red onion, slivered
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup slivered red onion

DIRECTIONS

1. In a medium saucepan, bring the quinoa and vegetable broth to a boil. Reduce the heat to a simmer and cook for 15 minutes, or until the quinoa is tender and the liquid is absorbed. Fluff with a fork.
2. In a large bowl, combine the cooked quinoa, spinach, and red onion. Season with salt and pepper.
3. Sprinkle with the onion.

Cook's Tip on Quinoa: Rinse the quinoa thoroughly before cooking to remove any bitter-tasting saponins. For a creamier texture, add a splash of olive oil to the cooking liquid.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

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REALISTIC

- Do you have the resources and AIV^Vr{ rc AJUVNxN {csn TcA^ S acrs Ucy JAa {cs TNr rUN`

TIME-BOUND

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EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
