



COOKING MATTERS PRESENTS

Happy Whole-idays



Be a whole grain detective

Whole grains (like whole wheat bread, whole grain tortillas, or brown rice) give you the nutrients you need to **grow, play, and be strong**. With refined grains (like white bread, flour tortillas, or white rice), many of these good nutrients have been removed.

Hunt out wholesome whole grains this holiday season!

1. Pick up a grain food and find the ingredients list.
2. Look at the **first** ingredient only.
3. Look for the word "whole" in the first ingredient (like "whole wheat flour" or "whole oats"). If you don't see the word "whole," look for other whole grain words like "brown rice" or "oatmeal."
4. If the first ingredient is a whole grain, the food is a whole grain!

Circle the ingredients lists that are from whole grain foods.
Cross out the lists that are not from whole grain foods.
Check your answers at the bottom of the page!

1
INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE.

2
INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL, SUGAR, CORNSTARCH, SALT, BAKING SODA.

3
INGREDIENTS: BROWN RICE FLOUR, FILTERED WATER, ORGANIC SAFFLOWER OIL, YEAST, SALT.

4
INGREDIENTS: WHOLE OAT FLOUR, WHOLE WHEAT FLOUR, BROWN SUGAR, SUGAR, MALTODEXTRIN, MALTED BARLEY EXTRACT, MOLASSES, SODIUM BICARBONATE, SALT, CALCIUM CARBONATE.

5
INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL, SALT, BAKING SODA, YEAST.

6
INGREDIENTS: RICE, SUGAR, SALT, FLAVORING, IRON, FOLIC ACID, VITAMIN D.

DID YOU KNOW?

Whole grains can help you stay fuller for longer – so your stomach won't be growling as soon after you eat!

TIP: Look for the ingredients list on the side or back of your food package.

DID YOU KNOW?

Whole grains can be a good source of fiber. Fiber is like a broom – it sweeps through your body and removes the "yucky stuff" to keep you healthy!



Whole grains: 2, 3, 4 Not whole grains: 1, 5, 6

Work with an adult to bake these tasty homemade cookies.
Serve them as a sweet treat at the end of a holiday meal!

Chunky Oatmeal Cookies

Serves 12, 3 cookies per serving • Prep time: 15 minutes • Cook time: 20–30 minutes

Ingredients

½ cup unsalted butter
½ cup white granulated sugar
½ cup brown sugar
1 large egg
2 Tablespoons nonfat milk
½ teaspoon vanilla extract
1 cup whole wheat flour
½ teaspoon salt
½ teaspoon baking soda
1½ cups quick-cooking rolled oats
1 cup of “mix-ins,” such as chopped dried fruit, chocolate chips, or chopped nuts
Non-stick cooking spray

Materials

Baking sheet • Large bowl • Measuring cups • Measuring spoons • Microwave-safe bowl • Rubber spatula • Sharp knife

Directions

1. Preheat oven to 350°F.
2. Cut butter stick in half. Soften at room temperature. Or, place in a microwave-safe bowl. Heat in microwave for 10–15 seconds to soften. Be careful not to melt butter.
3. In a large bowl, blend butter, white sugar, and brown sugar, using a rubber spatula or fork. Mix until light and creamy.
4. Crack egg into bowl. Add milk and vanilla. Mix until smooth.
5. Add flour, salt, and baking soda. Mix until just blended. Do not overmix.
6. Add rolled oats and “mix-ins.” Mix until all ingredients are blended.
7. Lightly coat a baking sheet with non-stick cooking spray.
8. Scoop 1 Tablespoon of dough per cookie. Use your hands to shape dough into a ball. Place 2 inches apart on the baking sheet.
9. Bake until cookies are lightly browned on bottom, about 8–10 minutes. Remove from oven. Let sit 2–3 minutes to firm up before removing from baking sheet. Let cool.
10. Repeat steps 7–9 until all cookies are baked.



Whole Grain Alert!

This cookie recipe uses two different whole grain ingredients. Can you guess which ones? The answer is at the bottom of the page!

TIP: Try cutting cookies into fun shapes (like candy canes or snowmen!) for the holidays. Or, use holiday-themed “mix-ins” like crushed candy cane pieces or peppermint.

TIP: Cookies may take more or less time to become lightly browned depending on your oven. Watch closely so they do not burn.

Nutrition Info (per serving)

CALORIES	TOTAL FAT	SUGARS	SODIUM
90	4.5g	7g	55mg



Test your brains with grains!

See if you can find these common grain foods below.
You can buy or make all of these as whole grains!

bagels
bread
cereal
crackers
pancakes
pasta
pizza
rice
rolls
tortillas
waffles

p w r b z d s a q e q a
a e a i y s o l c c z l
n c x f l z h i e z f w
c l c l f j r u i g u b
a w o i j l c p t s a w
k r h y p h e g n r n b
e l a e r e c s w e u l
s k m m y k c t w k w n
q a b e p a s t a c c t
t o r t i l l a s a u l
b r e a d f v p d r y l
t d z o c i w m l c x n

DID YOU KNOW?

Some afterschool programs offer healthy meals that must include grains. If you take part in a program like this, ask if the grains are whole grains. If they are not, let your program know you'd like more whole grains!

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Whole Grain Alert! Answers: whole wheat flour, rolled oats