



Whole-Grain Hacks Resource List

HANDOUTS/VIDEOS

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

- ❑ 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:
 - [ncya nVJN](#)
 - [sJ\]yUNAr](#)
 - [s^Tsn](#)
 - Millet
 - Oatmeal
 - Quinoa
 - Rolled oats
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 - 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 and other nutrients that can help reduce your risk of heart disease and other health conditions. Whole grains also 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. This means they have all the nutrients and fiber that the grain has to offer. Some examples of whole grains include wheat, rice, and oats.

Whole grains are also a good source of potassium and magnesium. These nutrients are important for a variety of reasons, including helping to regulate blood pressure and maintain a healthy immune system.

Some examples of whole grains include whole wheat flour, whole grain bread, and whole grain pasta. Other examples include quinoa, buckwheat, and amaranth. These grains are all rich in fiber and other nutrients that can help improve your overall health.

Some examples of a serving of whole grains are:

- 1/2 cup of cooked whole grain rice
- 1/2 cup of cooked whole grain quinoa
- 1/2 cup of cooked whole grain amaranth
- 1/2 cup of cooked whole grain buckwheat
- 1/2 cup of cooked whole grain millet
- 1/2 cup of cooked whole grain sorghum
- 1/2 cup of cooked whole grain speltz
- 1/2 cup of cooked whole grain farro
- 1/2 cup of cooked whole grain einkorn
- 1/2 cup of cooked whole grain emmer
- 1/2 cup of cooked whole grain hard enduro
- 1/2 cup of cooked whole grain soft enduro
- 1/2 cup of cooked whole grain ancient grains
- 1/2 cup of cooked whole grain wild rice
- 1/2 cup of cooked whole grain black rice
- 1/2 cup of cooked whole grain red rice
- 1/2 cup of cooked whole grain white rice
- 1/2 cup of cooked whole grain brown rice
- 1/2 cup of cooked whole grain wild rice
- 1/2 cup of cooked whole grain black rice
- 1/2 cup of cooked whole grain red rice
- 1/2 cup of cooked whole grain white rice
- 1/2 cup of cooked whole grain brown rice

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 half whole grains. Look for the words "whole" or "100% whole grain" on the label.

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:

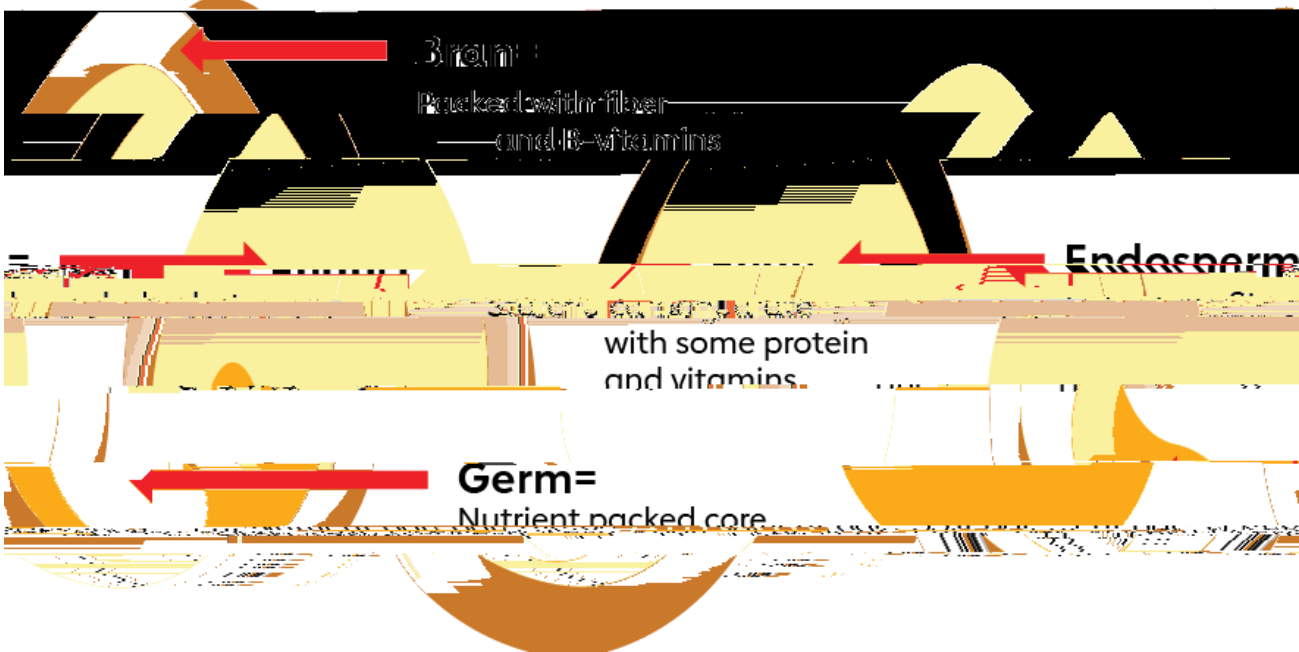
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Whole Grain vs. Refined (White) Grain

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
- 1 cup water
- 1/2 cup spinach, shredded
- 1/2 cup red onion, sliced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup slivered red onion

DIRECTIONS

- Bring quinoa and water to a boil. Reduce heat to a simmer and cook for 15 minutes. Drain and rinse with water.
- Heat oil in a large skillet over medium heat. Add onion and cook until softened, about 5 minutes. Add spinach and cook until wilted, about 5 minutes. Add quinoa and salt. Cook for 5 minutes. Stir in pepper and slivered red onion.
- Sprinkle with the onion.

Cook's Tip on Quinoa: Rinse quinoa well before cooking to remove any bitterness. For a creamier texture, add a splash of milk or cream when cooking.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Can you accomplish this goal with your full effort?

REALISTIC

- Do you have the resources and skills to accomplish this goal?

TIME-BOUND

- When will you accomplish this goal?

Personal SMART goal:

EXAMPLE OF A SMART GOAL:

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