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BREAD, BREAD, BREAD!



CHILD AND ADULT CARE FOOD PROGRAM (CACFP) 3rd Trimester FY2014 NUTRITION EDUCATION SELF STUDY

This home assignment came out of a USDA Team Nutrition Project done in Wisconsin. Providers were asked to pick an activity and develop it into a project which was then implemented into their family child care homes.

The recipes were collected to give the children, parents, and other child care providers the opportunity to celebrate cultural diversity, languages, and record family recipes from around the world. The project also allowed the children to develop skills from a multi-sensory approach to learning. This training further discusses Choose My Plate - which emphasizes encouraging more whole grains into the diet.

This is not a required training but upon correct completion, offers three training hours for all CACFP providers as well as their assistants (please submit a separate, completed set of activity pages for each individual).

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WHAT IS A WHOLE GRAIN?

Whole grains contain the entire kernel (which is rich in fiber and nutrients). Refined or enriched products have the outer covering and germ removed, leaving only the starchy endosperm. Refined grains have been milled to give grains a finer texture and improve their shelf life. Fiber is also lost in this process. Another benefit of eating whole grains is that it provides fiber to the diet. Fiber is a general term referring to complex carbohydrates that your body cannot digest or absorb into the blood stream. Although our bodies do not digest fiber, it is a component of food that promotes good health in many ways. The law requires that refined grains have to be enriched with B vitamins and iron because these nutrients are lost in processing.

Whole grains offer additional fiber, vitamins, minerals and hundreds of beneficial phytochemicals and antioxidants, not found in refined grains. Consuming whole grains can reduce the rate of coronary heart disease and can decrease the risks of several types of cancer. Surveys show that most Americans are lucky to consume even one serving of whole grains a day.

WHY IS IT IMPORTANT TO GET WHOLE GRAINS IN OUR DIETS?

- Grains are important sources of several B vitamins and minerals.
- They contain folate (folic acid), another B vitamin, can aid in reducing the risk of neural tube defects in infants.
- Whole grains also provide iron, which is used to carry oxygen in the blood. This can play a factor in preventing iron-deficiency anemia in teenage girls and women in their child-bearing years.
- Whole grains contain magnesium, which is mineral used in the building of bones and releasing energy from muscles. Selenium also protects cells from oxidation, which is important in maintaining a healthy immune system.
- Whole grains provide zinc; which is needed for healthy growth and is also a source of Vitamin E, phytonutrients, and antioxidants.

WHAT ARE SOME WHOLE GRAIN FOODS?

Choose foods with whole grain ingredients listed first on the label ingredient list. Ingredients are listed in descending order of weight from most to least. Products made with 100% whole wheat flour are excellent sources of whole grain, such as: breads, cereals, pasta, pancakes and waffles. The following foods are also rich in whole grains:

- | | |
|---------------------------|--------------------|
| ⇒ Bulgur (cracked wheat) | ⇒ Whole Grain Corn |
| ⇒ Brown rice | ⇒ Whole Oats |
| ⇒ Oatmeal | ⇒ Whole Wheat |
| ⇒ Cereals with wheat bran | ⇒ Whole Rye |
| ⇒ Graham Flour | ⇒ Wild Rice |

Watch for whole grains, which maybe listed farther down the list and not as a first ingredient. Food labels that say 100% wheat, cracked wheat, multi-grain, stone ground wheat, rye flour, or corn meal are not usually whole grain. Frequently, the labels will say enriched (bleached flour) wheat bran, oats, and millet which are listed at the end of the food label and not as the first ingredients. Also, color is not an indication of a whole grain. Bread may be brown because molasses or other ingredients have been added to the bread during baking. Look at the labels on breads, cereals, and pastas that you have in your kitchen... Are they a whole grain product? Remember for the Food Program, the label needs to list whole wheat or enriched flour as the first ingredient on a bread, cereal, or grain product.

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SERVING SIZES FOR WHOLE GRAIN FOODS

Choose My Plate recommends that at least half your grains are whole grains.



HOW CAN YOU INCREASE WHOLE GRAINS IN YOUR DIET?

- ✓ Try serving brown rice instead of white rice. Bulgur can also be a substitute in casseroles.
- ✓ Serve whole-wheat pasta instead of regular pasta.
- ✓ Use whole grains, such as barley; in mixed dishes, vegetable soups, and stews.
- ✓ Create a whole grain pilaf with a mixture of barley, wild rice, and brown rice.
- ✓ Substitute whole wheat or oat flour for a quarter to a half of the flour in pancake recipes, waffles, muffins, or other flour-based recipes.
- ✓ Try rolled oats or crushed whole-grain cereals as breading for baked chicken or fish.
- ✓ Prepare whole grains once or twice a week in big batches and reheat when it is time to eat. They will last in the refrigerator 5 days if covered.
- ✓ Choose quick cooking foods like couscous and instant brown rice.
- ✓ Freeze leftover cooked brown rice, bulgur, or barley to be heated and served later as a quick side dish.

NEED HELP GETTING THE CHILDREN TO EAT WHOLE GRAINS?

- ☺ Serve snack-ready whole grain cereals, such as toasted oat cereal.
- ☺ Add flour or oatmeal when making cookies or other baked goods.
- ☺ Replace whole wheat tortillas for regular floured tortillas.
- ☺ Try whole-grain snack chips, such as baked tortillas.
- ☺ Serve as a good example to children by eating whole grain foods at meals and snacks.
- ☺ Let the children select and help prepare whole grain dishes.
- ☺ Teach older children to read food labels on cereals or snack food packages.
- ☺ Introduce a new whole grain one at a time. Try it for 2 weeks before you serve another new whole grain product.

References:

"Bread, Bread, Bread" - Team Nutrition Project, Mary Ellen Taylor
[Cooking with Whole Grains](#), Better Homes and Gardens (1984)
[The Complete Curriculum for Early Childhood](#), Pam Schiller and Pat Phipps
University of Nebraska, Lincoln Extension in Lancaster County (402) 441-7180
www.cheerios.ca/en/nutrition_wholeGrain.html
www.mypyramid.gov/pyramid/grains.html
<http://nutritionforkids.com/emlnews/FebMar02.html>
http://pediatrics.about.com/od/foodpyramid/a/05_food_pyramid.htm
www.wheatfoods.org

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WHOLE GRAIN RECIPES

WHOLE WHEAT BREAD

2 cups wheat flour
½ teaspoon salt
1 package yeast
1 cup very warm water
1½ tablespoons honey
white flour (as needed)

In a large bowl, combine the wheat flour and salt. In a smaller bowl combine the warm water, yeast, and honey, stirring well to dissolve ingredients. Make a well in the flour and pour the yeast liquid into it, stir to create dough. Turn the dough onto a floured surface and knead for 5 minutes. Place in bowl and cover with a damp towel and let rise for 50 minutes or until double in size. Punch down dough and form into a loaf then put into a greased loaf pan. Let rise 30-45 minutes or until double the size. Bake in a 375 degree oven for 25 minutes. Remove from the oven, let stand for 10 minutes. Remove the bread from the pan and cool on a wire rack.

PITA BREAD IN A BAG (makes 8 small rounds)

2 cups all purpose flour, half can be whole wheat flour
1½ teaspoons yeast (½ package)
¾ teaspoons salt
1 cup warm water (110 degrees)

In a gallon-sized ziploc bag combine: flour, yeast, and salt. Close bag and have the children mix the ingredients. Divide into 8 small ziploc bags, close bag and have each child work the dough in the bag. You may need to add a small amount of flour to the dough if it gets sticky. Remove dough onto a floured surface and knead to form a ball that is smooth and elastic (about 2-3 minutes). Cover the dough with the plastic bag and let it rest for 10 minutes. Flatten ball into a small flat circle and place on an un-greased baking sheet. Bake at 450 degrees for 5- 8 minutes. Cool and slit through pocket to be filled with ingredients.

OATMEAL CINNAMON BREAD

1½ cups old fashioned oats	1 package yeast
1½ cups boiling water	2 eggs, room temperature
3 tablespoons honey	4-5 cups flour
1 tablespoon brown sugar	3 tablespoons melted butter
2 teaspoons salt	1 cup sugar
½ cup raisins	2 tablespoons cinnamon

In a large bowl, mix the oats and boiling water – let this stand for 5 minutes so the oats can absorb the water. Add butter, honey, brown sugar, salt, and raisins then blend well. Add the yeast, eggs, and 2 cups flour, stirring vigorously. Work in remaining flour ½ cups at a time, add in the raisins. You may need to use your hands as the dough will become stiff. Place the dough on a well floured work surface and knead the dough. Place the dough in a well greased bowl, turning to coat the dough. Cover with plastic wrap and allow it to double in size, about 1 hour. Divide the dough in half. Using a rolling pin, roll the dough into a rectangular shape about 8x12 inches. Butter the dough and sprinkle on the cinnamon sugar mixture. Roll the dough up, starting at the small end. Place seam side down in a well greased loaf pan. Bake in a 375 degree oven for about 40 minutes or until the top is golden brown. Cool in the pan for 10 minutes, remove, and place on a cooling rack.

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BUGSY BREAD

½ cup brown sugar, packed
½ cup granulated sugar
½ cup vegetable oil
2 large eggs, slightly beaten
1 2/3 cup whole wheat flour
1 teaspoon baking soda
1 ½ cups finely grated, carrots
¼ teaspoon salt
¾ teaspoon nutmeg
1 teaspoon cinnamon
½ cup raisins
½ cup nuts, pecans or walnuts (optional)

Preheat oven 350 degrees. Lightly grease bottom only of one 8½ x 4½ inch loaf pan. In a large bowl, beat brown sugar, granulated sugar, and oil for one minute - scrape bowl. Add eggs one at a time, beating well after each addition. Sift together whole wheat flour, soda, salt, nutmeg, and cinnamon. Stir into bowl mixture just until dry ingredients are moistened. Fold in carrots, raisins, and nuts. Pour batter into prepared pan. Bake for 60 minutes or until toothpick inserted in center comes out clean.

SOUP CAN BREAD

1 cup whole wheat flour	½ teaspoon peanut butter
1 cup all purpose flour	½ teaspoon brown sugar
1 teaspoon baking powder	2 tablespoons butter or margarine, softened
½ teaspoon salt	1 egg
½ teaspoon baking soda	1 C. plus 2 T. milk
½ teaspoon cinnamon	Four - 10 ounce soup cans, well cleaned

In a small bowl, toss together flours, baking powder, salt, baking soda, and cinnamon. In a medium bowl beat together peanut butter, sugar, and butter with an electric mixer until light and fluffy for approximately 1 minute. Beat in the egg. With mixer on low, blend flours from small bowl to the peanut butter mixture - beating until just blended. Divide batter evenly among greased or buttered soup cans. Stand cans on baking sheet and bake 40 minutes, or until the breads have risen to the top of the can and a toothpick inserted in the center comes out clean. Let cool in the cans for 10 minutes. Remove the bread from the cans, remove the bottom of the can, and gently push the bread out. Cool completely on a wire rack.

CHALLAH – JEWISH YEAST-LEAVEN BREAD (pronounced hal-la)

2 packages yeast	5 cups of flour
2 tablespoons sugar	Pinch of saffron - <i>optional</i> (saffron is hard to find and expensive)
2 teaspoons salt	3 eggs, plus one
1/3 cup butter or margarine, room temp.	1 teaspoon poppy seeds
1 cup hot water – 120 to 130 degrees	

In a large mixing bowl, combine yeast, sugar, salt, butter, and 2 cups flour. Gradually add hot water and beat vigorously. Scrape down the sides of the bowl. Add the eggs and saffron. Beat vigorously to mix well, approximately two minutes. Using a wooden spoon helps to mix the thick batter. Add the remainder of the flour in gradually, one cup at a time. If the dough is sticky and moist looking add small amounts of flour until the dough leaves the sides of the bowl. Place the dough onto a lightly floured surface and knead until it is smooth and elastic. Place dough into a greased bowl and turn it once. Cover tightly with a plastic wrap and let it rise for approximately one hour or doubled in size. Once the dough has doubled, punch it down and knead out the air bubbles. Divide the dough in half and divide each half into three equal pieces. Roll the dough into 12-inch lengths. Lay the rolls parallel to each other on a cookie sheet. Start the braid in the middle working to the end. Do the same for the other portions of dough. Brush the braids with one egg plus one tablespoon water – be careful not to press too hard on the dough. Sprinkle with poppy seed. Bake in a 400 degree oven for 30-40 minutes or until the braids are a shiny brown color or until a toothpick inserted in the center comes out clean. Very carefully, remove the breads from the cookie sheet and cool on a wire rack.

WHOLE WHEAT PANCAKES

1 cup whole wheat flour
½ cup all purpose flour
2 tablespoons toasted wheat germ (optional)
1 tablespoon brown sugar
1 teaspoon baking powder
½ teaspoons salt
¼ teaspoons baking soda
1 beaten egg
1¼ cups buttermilk or sour milk (milk that has been made sour with either a small amount of lemon juice or can be vinegar)
1 tablespoon cooking oil

In a mixing bowl, stir together the whole wheat flour, all purpose flour, wheat germ, brown sugar, baking powder, salt, and baking soda. Combine the egg, milk, and oil. Add egg to flour mixture all at once. Stir until blended. For each pancake, pour ¼ cup batter onto a hot, lightly greased griddle or into a non-stick fry pan. Cover over medium heat until golden brown, turning to cook the other side when pancake has a bubbly surface and slightly dry edges. Makes eight (4-inch) pancakes.

WHOLE WHEAT RAISIN COOKIES

½ cup butter or margarine, softened
¼ cup sugar
½ cup lightly packed brown sugar
2 eggs
1 cup uncooked quick cooking oats
¾ cup whole wheat flour
¾ cup raisins
½ teaspoon vanilla extract
½ teaspoon salt
½ teaspoon baking soda

Preheat oven to 375 degrees. In a large bowl with mixer at medium speed, beat all ingredients until well mixed, occasionally scraping the bowl. Drop by teaspoons 1 inch apart, on cookie sheet. Bake 10-12 minutes or until lightly browned. Immediately remove cookies to wire racks; cool. Makes 36 cookies.

LOW-FAT CHERRY FRUIT & OATMEAL BARS

¾ cup firmly packed brown sugar
½ cup granulated sugar
One - 8 ounce container of vanilla or plain low fat yogurt
2 egg whites, lightly beaten
2 tablespoons vegetable oil
2 tablespoons low fat milk
1 cup diced mixed fruit or raisins or craisins (dried cranberries)

2 teaspoons vanilla
1½ cups all purpose flour
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon salt
3 cups uncooked oatmeal

Heat oven to 350 degrees. In a large bowl; combine sugars, yogurt, egg white, oil, milk and vanilla; mix well. In a medium bowl; combine flour, baking soda, cinnamon, and salt; mix well. Add to yogurt mixture and mix well. Stir in oats and fruit. Spread dough onto bottom of ungreased 13x9 inch baking pan. Bake 28-32 minutes until light golden brown. Cool completely on wire rack. Cut into bars. Store tightly covered. Makes 2 dozen bars.

Now you're ready to complete the activities pages! Please see below for proper completion of this self study.

Instructions for completing the Bread, Bread, Bread! nutrition self study:

1. Complete 2 of the first 4 activities (your choice!), listed on the attached pages (that's pages 8 – 11).
2. Complete the Required: Make Your Own Activity page (that's page 12).
3. Print your name (please list the provider name, also, if you are an assistant) on each of the 3 activities/pages you complete.

Mail in your 3 completed activity pages to:

CACFP
4-C Community Coordinated Child Care
155 N 3rd St., Suite 300
DeKalb IL 60115

Or you can email a scanned copy to: suew@four-c.org or FAX a copy to 815.758.5652

Please note that this self study is for continuing education credit and does not fulfill the CACFP's annual training requirement. **The annual required training is still required for all providers – as well as their assistants.** Upon adequate completion of this self study you will receive a Training Certificate. This certificate can be applied towards 3 licensing continuing education hours.

OPTION 1: PLAY “WHAT’S FOR BREAKFAST”?

PROVIDER NAME

PROVIDER NUMBER

DATE COMPLETED

INSTRUCTIONS: Introduce a new whole grain like oatmeal, whole wheat pancakes, waffles, or bagels. Children can help in the preparation. Sing the “Muffin Man” song and read books like *Pancakes, Pancakes, Pancakes* by Eric Carle or *Pancakes for Breakfast* by Tomie De Paola. Consider opportunities to use language, art, music, movement, fine motor skills, games, and books.

- A. Describe the activity and how you incorporated it into your daycare.
- B. What did the children experience and learn from the activity? For example, “the children learned about whole grains, got to prepare and taste foods from the food group.”
- C. What other activities could be created or developed from doing this activity?

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OPTION 2: SENSORY TABLE ACTIVITY

PROVIDER NAME	
PROVIDER NUMBER	
DATE COMPLETED	

INSTRUCTIONS: Put wheat flour and oatmeal in a sensory table, or you could use a sink tub or larger rubber tub for children to play in. Have measuring cups, spoons, and a flour sifter available to use. Have aprons, rolling pins, and bowls to encourage the children to set up a bakery. Expand activity. Consider opportunities to use language, art, music, movement, fine motor skills, games, and books.

A. Describe the activity and how you incorporated it into your day care.

B. What did the children experience and learn from the activity?

C. What other activities could be created or developed from doing this activity?

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OPTION 3: HAVE A TEA PARTY!

PROVIDER NAME

PROVIDER NUMBER

DATE COMPLETED

INSTRUCTIONS: Serve whole grain baked goods, crackers, or toast with jam (optional). Read a story like the *Little Red Hen*. Do an activity with the children by having them cut out pictures of their favorite breads, cereals, and pastas; which can be glued on paper or a paper plate. Tell parents that you are doing a bread unit and you are teaching their children about whole grains. Expand activity. Consider opportunities to use language, art, music, movement, fine motor skills, games, and books.

A. Describe the activity and how you incorporated it into your day care.

B. What did the children experience and learn from the activity?

C. What other activities could be created or developed from doing this activity?

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OPTION 4: FOOD PYRAMID

PROVIDER NAME

PROVIDER NUMBER

DATE COMPLETED

INSTRUCTIONS: Show the grain group on the **MyPlate** icon. Talk about the nutrients found in these foods and how they help our bodies to grow. Find examples of whole grains in your kitchen to show the children and discuss these with them, such as: breads, cereals, and pastas. Have children taste test these products and rate them. Show older children food labels and where whole grains are listed on the ingredient list. Have children pick from recipes in the handout to prepare and sample. This activity can be especially fun with school age children. Consider opportunities to use language, art, music, movement, fine motor skills, games, and books.

A. Describe the activity and how you incorporated it into your day care.

B. What did the children experience and learn from the activity?

C. What other activities could be created or developed from doing this activity?

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REQUIRED: MAKE YOUR OWN ACTIVITY

PROVIDER NAME

PROVIDER NUMBER

DATE COMPLETED

INSTRUCTIONS: Create your own activity using the grain group. Describe how you would incorporate areas of learning into your activity, such as: nutrition, food activities, stories, and music. Consider opportunities to use language, art, music, movement, fine motor skills, games, and books.

A. Describe the activity and how you incorporated it into your day care.

B. What did the children experience and learn from the activity?

C. What other activities could be created or developed from doing this activity?

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