



Grow It, Cook It, Like It

Farm to School and Nutrition Education Program

Let's Make a Grain Bowl



Oregon State
University

Hello my name is Diane Silberstein. I look forward to sharing a fun and delicious recipes with you as we discover tasty Oregon grown foods together.

What is your favorite plant to grow?

My favorite plant to grow is snap peas. They are one of the first things I plant in my garden each spring. They have pretty blossoms and the pods are fun easy to pick . Peas can be eaten fresh, with lots of crunchy sweetness to enjoy!



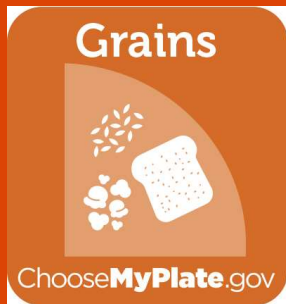
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Cook It!

Today we are going to create a grain bowl while learning about what is a whole grain and what grains are grown in Oregon.



Barley, Buckwheat, Corn as a grain, Oats, Rye and Wild Rice are all grains grown in Oregon.



Wheat is grown in 24 of the 36 counties in Oregon. The state's farmers grow mostly soft white wheat, between 50 million and 75 million bushels per year, valued at approximately \$368 million in 2013. Soft white is about 90 percent of the Oregon wheat crop.

Source: <https://www.farmflavor.com/oregon/oregon-ag-products/wheat-world-oregon/>



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Q: What are we going to do?
Make a GRAIN BOWL

What tools will you need?



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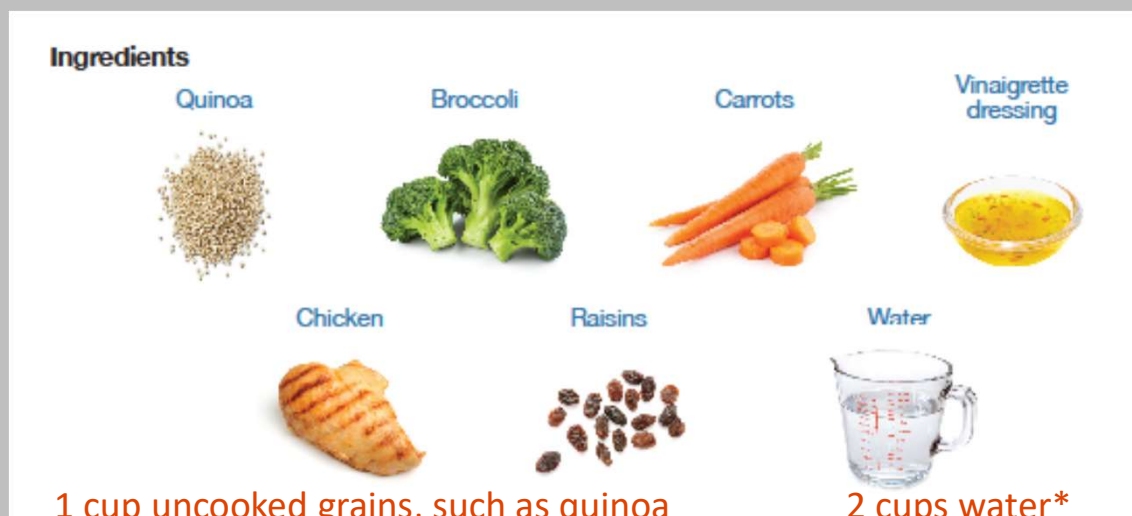
INSTRUCTIONS

Step 1. Wash your hands with soap and water, then gather all your kitchen tools and ingredients and put them on a clean counter or other cooking surface.

Step 2: Prepare to cook your whole grain- (for this recipe we are using QUINOA, if you select another grain such as BULGUR, BROWN RICE OR BARLEY follow the directions on the package.) Measure 2 cups of water and add it to a pot. Cover the pot and set it on the stove or cooktop. Turn the heat to high and bring the water to a boil.

3. Measure 1 cup of uncooked quinoa and pour into a strainer or fine-mesh colander. Rinse under cool running water until the water runs clear.

4. Once the water is boiling, add the quinoa to the boiling water and cover the pot again. Turn the heat to medium-low, and simmer the quinoa for 15 minutes.



1 cup uncooked grains, such as quinoa

2 cups water*

3 cups chopped vegetables

1½ cups protein food

1½ cups dried fruit

½ cup vinaigrette dressing



5. While the quinoa is cooking, measure and chop the veggies, fruit, and protein into small, bite-sized pieces.

7. Once quinoa is done and cooled for 10 minutes, add the chopped veggies, protein, and fruit to the quinoa.

8. Add dressing to the quinoa mixture and mix until everything is well combined. You can also set out the quinoa, vegetables, protein, fruit, and dressing in separate bowls, and let everyone decide how much he or she would like to add to his or her grain bowl.

Making grain bowls takes a use-what-you've-got approach to cooking that is perfect for busy families. Start with some cooked grains or whole-wheat pasta—and then build a dish from whatever ingredients you have on hand. You have grapes but no dried fruit? Use them. Broccoli leftover from last night's dinner? Toss it in. The only rule is to taste as you go, so you will learn what you like.

Source: <https://www.fns.usda.gov/tn/cooks>



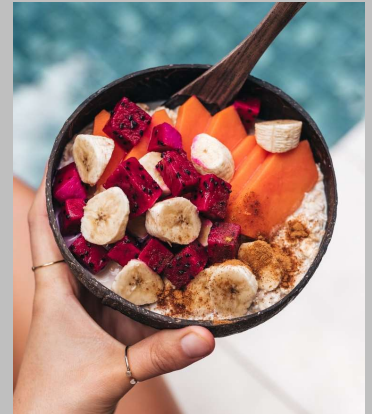
Would you like to watch videos to see how to build Grain Bowl?

Then join Rosie, Jack and Bella at this site

<https://www.youtube.com/watch?v=CFYJXCgkaS4>

Or Visit Food Hero.org to learn how to make a Rice Bowl Southwestern Style.

<https://youtu.be/UrAwjY7AU>



BUILD A RICE BOWL Tips from



Layer four types of foods to make a meal that kids love to cook and eat.

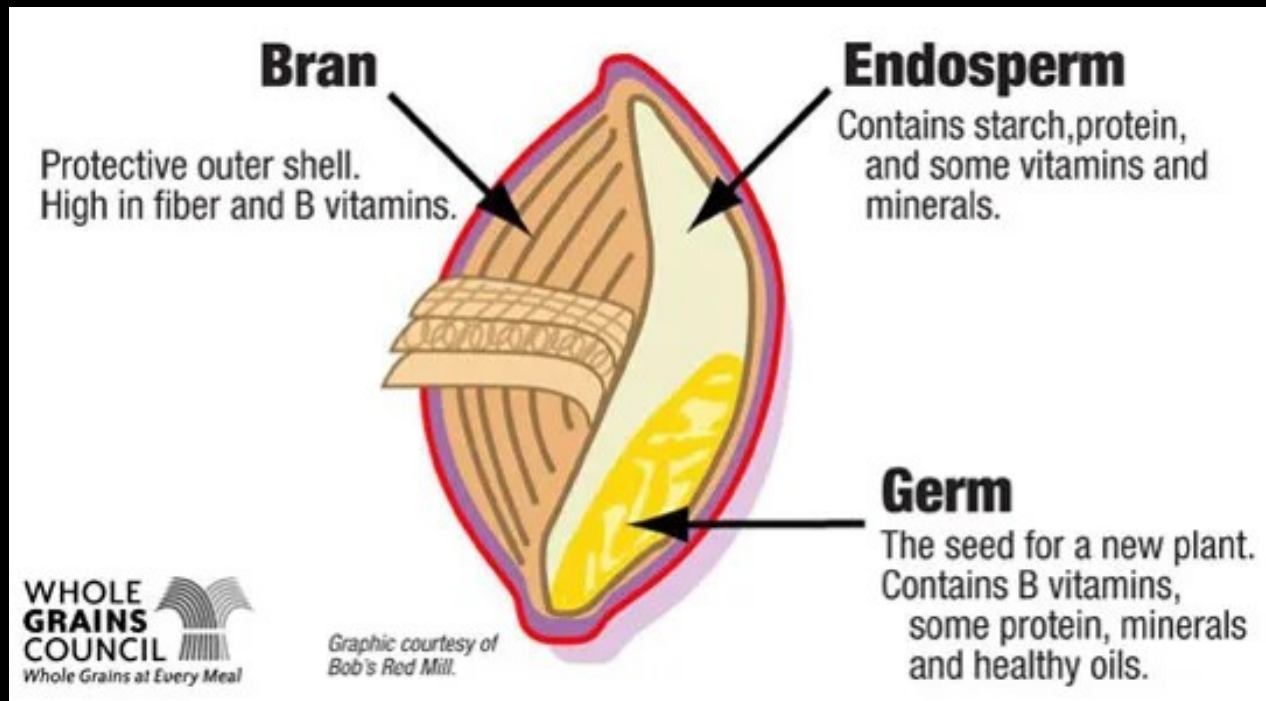
Start with rice.

Then add fruit, vegetables, or both. Use fresh, frozen or canned.

Next, add a layer of lean protein – such as beans, eggs, chicken, fish or tofu.

Then top with a sauce, toppings, spice, or a mixture – such as soy sauce, salad dressing, pineapple juice, barbecue sauce, low-fat cheese or garlic powder.

These are the parts of a kernel of grain:



If all three parts
are in the food
you eat then
you are eating a
whole grain!

Whole Grains Make a Difference

Choose foods with “100% whole wheat” or “100% whole grains” on the label

Or check the ingredient list to see if the word “whole” is before the first ingredient listed.

Whole Grains help fuel kids' days by providing and helping them maintain energy.

The fiber in **Whole Grains** foods keeps your kids feeling full longer, and that can help with a healthy body weight.



The minerals in **Whole Grains** help maintain normal muscles, nerves and a healthy immune system.

Whole Grains have B vitamins for healthy red blood cells. They also help manage healthy blood glucose (sugar).



Fill in the blanks to check what you have learned!

Today, we made (_____). The main ingredient is (_____), which belongs in the (_____) section of MyPlate.

Whole grains have lots of (_____), which helps with digestion.

Grains also contain (_____) vitamins.

Grains that are better to eat are (_____) grains, because they have all three parts of the grain—the (_____), the (_____), and the (_____).
Grains grow in the (_____) counties of Oregon. Three grains grown in Oregon are (_____, _____, _____)

Word Bank: whole, grain bowls, B, barley, 24, oats, bran, fiber, germ, wheat, endosperm, barley, grains food group.

What's Next?



- Visit the *Connect to Wellness* page and checkout some healthy Breakfast recipes made with **WHOLE GRAIN**.
- Color an oats or wheat Coloring Page
- Check out the Rice Food Hero Newsletter to discover more about this healthy grain.



Send us a photo of your grain bowl
diane.silberstein@oregonstate.edu



Klamath Basin Research
and Extension Center

References, Learning Objectives & Science Standards

Use this slide to list what learning objectives and science standards were met and what references were used to create the material. Add acknowledgements and identify pictures if possible.

Photos: use royalty free: <https://unsplash.com/> and <https://pixabay.com/> and OSU photo archives <https://employee.extension.oregonstate.edu/eesc/eesc-photo-archives> or google images "labeled for noncommercial use"

Learning Objectives

By the end of the program, you will be able to:

Safely prepare a recipe with ingredients from food grown in Oregon

Identify where and how food is grown in Klamath/Oregon

Identify an Oregon grown food and taste it

PE.3.1.4: Differentiates between healthy and unhealthy foods.

PE.3.4.7: Discusses the importance of hydration and hydration choices relative to physical activities

PE.3.5.6: Analyzes the impact of food choices relative to physical activity, youth sports & personal health

PE.3.6.12: Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/her age and physical activity levels.

SOURCES:

USDA/FNS | Whole Grains: Tips, Advice and Guidance for Moms (4-19-12)

Oregon Wheat data Source: <https://www.farmflavor.com/oregon/oregon-ag-products/wheat-world-oregon/>

Whole Grains Council

Grain Bowl recipe: Source: <https://www.fns.usda.gov/tn/cooks>

Build a Rice Bowl: FoodHero.org