

ENJOY THE GREAT TASTE OF WHOLE GRAINS

WORKSHEET

Try something new!

Please complete this worksheet about whole grains. If you have any questions at any time, please ask.

healthyhabits everyday

ACTIVITY:1

THE WHOLE GRAINS YOUR FAMILY EATS

DIRECTIONS

Now that WIC is providing whole grains, please check (✓) what you bought in the last month.

WHEAT



- Whole Wheat Tortillas 100% Whole Wheat Bread 100% Whole Wheat Rolls Bulgur Wheat
 100% Whole Wheat Buns

BROWN RICE



CORN



- Corn Tortillas

BARLEY



OATS



- Steel cut Oats Rolled Oats

ACTIVITY:2

COOKING WHOLE GRAINS

DIRECTIONS:

How comfortable are you in using or cooking the following whole grains for your family's meals? Check (✓) the appropriate box for each whole grain.

| | Never Used | Not Comfortable | Somewhat Comfortable | Very Comfortable |
|----------------------------------|------------|-----------------|----------------------|------------------|
| 100 % Whole Wheat Bread or Rolls | | | | |
| Brown Rice | | | | |
| Corn Tortillas | | | | |
| Whole Wheat Tortillas | | | | |
| Oats | | | | |
| Barley, hulled | | | | |
| Bulgur | | | | |



Looking for whole grain ideas or recipes?

Check (✓) which of the following you would like:

- Information on cooking whole grains
- Recipes
- Cookbook

Please submit your completed form by selecting your clinic below:



**THANK YOU FOR PARTICIPATING
IN THIS ACTIVITY!**

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