

Start Smart Eating & Reading Breakfast Bites

TIPS AND IDEAS FOR BUSY FAMILIES

NOTE TO PARENTS

Grains Get You Going!

Your child is learning that grain-based foods supply energy to the body for both thinking and moving. A balanced morning meal includes a variety of fruits, vegetables, dairy products, grains, and meat/beans.

Start Smart Eating & Reading is a program that teaches your child the value of breakfast. Please take time to ask your child about breakfast. This newsletter has activities, games and recipes that you and your child can share.

Brain Food

Did you know that the brain uses carbohydrate as its main source of energy? Carbohydrates are found in grains (breads, cereals, rice and pasta), beans, vegetables, fruits, milk and sugars.*

After a night of sleep, the body's carbohydrate stores are low. That is why eating a breakfast that includes grains provides fuel for the brain. By feeding your child's brain, you will help him to do better in school.

* Because the body uses the energy from sugars so quickly, high sugar foods are not a good choice for breakfast. Sweet pastries and sugary cereals burn off long before the ring of the lunch bell.

Boost Nutrition with Whole Grains

Whole grains have an advantage over refined grains because they include extra fiber, vitamins and minerals.

Examples of whole grains include:

- Bread made from 100% whole wheat flour (it should be listed as the first ingredient)
- Bulgur (cracked wheat)
- Brown rice

- Oatmeal
- Stone-ground corn meal or grits (not the degerminated varieties)
- Cereals made from wheat bran

When children are offered whole grain choices beginning at a young age, they will learn to like the taste and texture of whole grains.

The following muffin recipe provides whole grain nutrition from both wheat and oats.

Good Morning Muffins

- 1 egg
- 1 cup nonfat or 1% milk
- ¼ cup vegetable oil
- 1 cup whole wheat flour
- 1 cup quick-cooking oats
- ⅓ cup sugar
- 1 Tablespoon baking powder
- ½ teaspoon salt
- Non-stick cooking spray

Preheat oven to 400°F. Lightly spray bottoms of muffin tin. Combine beaten egg, milk and oil. Stir in remaining ingredients all at once and mix only until flour is moistened.

Optional: Mix in 1 cup of raisins, cranberry raisins, chopped dried apricots or other dried fruit.

Fill muffin cups ¾ full. Bake 20 minutes or until golden brown. Remove from pan. Makes 12 muffins.

Reading about eating... check it out!

Bread Is for Eating by David and Phillis Gershator, (©1995, Henry Holt and Company, Inc.)

All phases of bread production are presented simply, with colorful illustrations. This heart-warming story is presented in both Spanish and English.

Use Your Brain to Find the Grains!

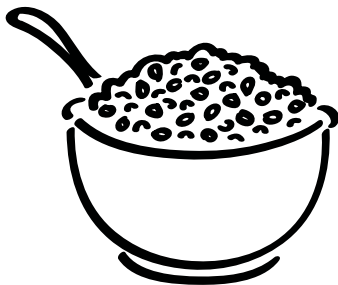
1. Find and circle all the grain foods in the word search below.
2. Write the first 17 remaining letters in the blanks below to find the hidden message.



C O R N B R E A D T
 G A R A I N S G E S
 L L O A T M E A L A
 E L A E R E C T Y O
 G I O G R I T S U T
 A T S A P G O I N G
 B R A B M F S R C L
 H O B I S C U I T T
 K T N P Q K O C E Z
 R F B Z U S H E G I

Word List:
 BAGEL
 CEREAL
 GRITS
 PASTA
 TOAST
 BISCUIT
 CORNBREAD
 OATMEAL
 RICE
 TORTILLA

Hidden Message:



Good Eating Tips:

- ⦿ On the weekends, take time for a more relaxed family breakfast or brunch.
- ⦿ Take time to bake whole wheat bread with your child. The kneading, shaping, smelling and eating are a treat for the senses!

The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area.