

UPCOMING CLASSES:

- Flavorful Fruits
- Vegetable Varieties
- Powerful Protein and Dairy Delights
- Healthy Snacks and Breakfast

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Kids Up Front

JULY 20, 2010

DOT Students Learn about Whole Grains

Great job to Operation Frontline DOT student chefs for working together as a team to make Banana Pancakes! The energizing, fiber-rich pancakes were made using flour from ground whole wheat; the most commonly used whole grain. Whole-grain foods, rather than refined grains, benefit your body more. Wholegrain bread compared to enriched white bread is similar in calories and some nutrients, but wholegrain has much

more fiber. Many whole-grain foods are ready-to-eat, including: breads, pastas and cereals. Don't be fooled by a products that are dark in color. Instead, look for the words "whole grain" on the package as the first ingredient. Also, look for this FDA (Food and Drug Administration) approved health claim on foods with greater than 50% whole grain ingredients: "Diets rich in whole grain foods and other plant foods, and low in total fat, satu-

rated fat and cholesterol, may reduce the risk of heart disease and some cancers."

Try some of these easy to cook whole grains:

- ◆ Popcorn
- ◆ Whole cornmeal
- ◆ Oatmeal
- ◆ Barley
- ◆ Brown rice
- ◆ Buckwheat
- ◆ Bulgur (cracked wheat)
- ◆ Millet
- ◆ Quinoa
- ◆ Wild rice

By Diana Wind, Chef

Nutrition Activity: Bread Tasting and Squishy Bread

DOT students sampled many different grains at our last session and located their origin on a map of the world. Grains tasted included a baguette, tortilla, pita, whole grain bread, white bread and naan, a flavorful bread from India. We also did a fun activity in

which we put a slice of white and wheat bread in two separate bowels. Next, we put in some orange juice and came back 10 minuets later. Then volunteers used tongs to pick up the bread. The results: the whole grain bread stayed intact and the white

bread tore into many pieces! What did we learn? Fiber works like a scrubbing sponge that cleans our body. What else? Fiber also helps us feel full and stay healthy!!

By Becky Adams, Nutritionist



Banana Pancakes (Serves 6)

- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1 tablespoon ground cinnamon
- 2 egg whites, whipped
- 1 cup evaporated skim milk
- 2 medium, very ripe bananas

1. In a large bowl, mix the flour, baking powder, and cinnamon.
2. In a small bowl, mash the bananas. Mix in the milk and whipped egg whites. Pour banana mixture into the flour mixture and mix well.
3. Coat a large, non-stick frying pan or griddle with no-stick spray. Warm the pan over medium heat for 2 minutes.
4. Spoon 1/4 cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size).
5. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes, or until golden on both sides. Place pancakes on a platter and keep warm.
6. Repeat steps 4 and 5 until all of the batter has been used, using more no-stick spray as needed.
7. Serve with warmed jam or jelly, warmed honey or fresh fruit (bananas or apples).

| | Calories | Fat | Carbohydrates | Protein |
|--------------------|--------------|---------|---------------|----------|
| Amount/ Serving | 158 calories | 4 grams | 45 grams | 11 grams |
| % Daily Value | 7% | 1% | 15% | |

Banana Pancake Recipe Tips

- You can substitute one whole egg for the two egg whites, however egg whites have no cholesterol.
- Try substituting regular low fat milk for the evaporated milk to cut calories.
- Mash one banana for the batter and slice the second banana as a topping (*two bananas in the batter will make the pancakes very moist*)
- Make at least half your grains whole grains ~ If your not crazy about the flavor of

100% whole wheat, lighten up the recipe: try white whole wheat flour, or use half whole wheat flour and half unbleached all purpose flour.

- Make a lower sugar, home-made pancake syrup with fresh fruit!

Thank you Mr. Kareem for showing us how quick and easy it is to make *Berry Good Pancake Syrup* using 100% unsweetened fruit juice and seasonal berries. *Handouts for the syrup and recipes that are not in the printed cook-*

book will be available in class.

Kids Gardening

- Ground **Cinnamon** adds flavor and health benefits to foods.
 - Where does cinnamon come from? *Cinnamon comes from the bark of a tropical tree.*
 - **Mint** is an easy to grow herb and can be grown in pots or in the yard.
 - Fresh cut mint makes a refreshing **garnish!**
- By Diana Wind, Chef