eat wheat!

idaho wheat commission, boise.

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abstract

this pamphlet contains puzzles, games, and a recipe designed to teach elementary school pupils about wheat. it includes word games based on the u.s. department of agriculture food guide pyramid and on foods made from wheat. the food guide pyramid can be cut out of the pamphlet and assembled as a three-dimensional information source and food guide. cartoons throughout the pamphlet provide facts about wheat and about idaho. (mah)
WHAT DOES WHEAT LOOK LIKE?

How much wheat does a wheat-state grow, in a great wheat state like Idaho?

Enough to fill 3,300 train boxcars full of goodness - that's millions and millions of kernels like this!!

Match the names to the plant parts:
- Endosperm
- Germ
- Leaves
- Stem
- Beard
- Bran Layers
- Kernel
- Roots
- Head
What's the best way for a little pipsqueak like me to grow up big as a mouse?

Plus, wheat gives you plenty of energy for running a lap, thinking during tests, or just playing with your friends.

Eat Wheat! Wheat foods keep your bones strong, your skin and teeth healthy, and your whiskers growing.

UNSCRAMBLE THE WORDS BELOW:

(Treat: There are clues scattered in one panel of your Food Guide Pyramid on the next page.)

TISVMANI ____________
BIERF ____________
LAMENRIS ____________
NEGRYE ____________
LXPEOCM BAYCTREHASROD ____________

How do we choose foods that are good for our bodies? The answer is hidden in the letters below. Cross out the following letters to discover what it says: B, J, K, N, Q, V, W, X, Z. Then turn the page for even more fun.
YOUR FOOD GUIDE PYRAMID
A GUIDE TO DAILY FOOD CHOICES

Why eat servings of bread, rice, pasta, and cereal each day?

- Because they’re rich in carbohydrates.
- Because they’re high in fiber.
- Because they’re high in B vitamins.
- Because they’re low in fat.

Good Healthy Choices

- Whole grains
- Low-fat milk
- Fruits
- Vegetables

What is the Food Guide Pyramid?

It’s a nifty way to help you eat better every day!

At its base, you’ll see the foods you should eat most often:
- Grains
- Fruits
- Vegetables
- Milk
- Lean meats

Next, choose 3 servings each of two food groups:
- Dairy
- Lean meats

Then add the third tier of the pyramid:
- Fats, oils, and sweets

And finally, at the top:
- Foods high in sugar and fat

Eat the amount recommended by your health care provider.

Food Guide Pyramid
A Guide to Daily Food Choices

Note: Serving amounts are those recommended for children.

1 SERVING:
- 1 slice of bread
- 2 cups of popcorn
- 1 small meat

INSTRUCTIONS
To make your food guide pyramid:
1. Carefully take out staples to separate book.
2. Cut along the dashed line.
3. Make four folds on the lines that separate the four triangles.
4. Tape or glue the top to the back of the “Eat Wheat” triangle.
WHEAT PUZZLER

ACROSS

1. Eaten on mashed potatoes, this rhymes with navy.
2. You eat this for lunch.
3. This “rope” candy can be red or black.
4. This breakfast snack usually has blueberries in it.
5. A small, individual cake.
6. Your “barking” pet eats this.
7. These are used to make tacos.
8. You eat these long, skinny noodles with meatballs.
9. This snack food is shaped like a bow and has salt on it.
10. You toast this for breakfast.
11. You get this for your birthday.

DOWN

1. The Teenage Ninja Turtles’ favorite food.
2. Small, round loaves eaten at dinner.
3. This circular breakfast snack has a hole in the middle.
4. Eaten at breakfast or dinner, they’re good with jam, gravy or margarine.
5. Your mom bakes these at Christmas.
6. This breakfast food has little squares all over it.
7. Ground-up wheat kernels this is used to make bread.
8. You slice this dessert and put ice-cream on top.
9. Round and flat, this breakfast food is yummy with syrup.

Check out these clues, and once the puzzle’s complete... ...you’ll see for yourself all the foods made from wheat!
We know wheat foods are really good for us. But how do you think they taste? Ha ha ha ha ha ha. Scrumptious, silly!

CHOCOLATE MUNCHIES

INGREDIENTS

1 1/2 cups small marshmallows
1/2 cup chocolate chips
3 tablespoons skim milk
1/2 cup powdered sugar
1 1/2 cups graham cracker crumbs
1 1/2 cups apple-cinnamon cereal
no-stick cooking spray

EQUIPMENT

YOU WILL NEED

medium mixing bowl, (microwave safe)
small mixing bowl
8-inch x 8-inch baking pan
measuring cups
measuring spoons
knife
wooden mixing spoon
rubber spatula

Nutritional analysis per square: 134 calories, 1.8 grams protein, 25.6 grams carbohydrates, 1.05 grams fiber, 3.27 grams fat, .06 milligrams cholesterol. Calorie breakdown: 5% from protein, 74% from carbohydrates, 21% from fat.

WHAT TO DO

1. Lightly spray medium bowl with no-stick cooking spray. Put 1 cup marshmallows, chocolate chips and milk in bowl. Microwave on high for 1 minute and 30 seconds, stopping to stir with the wooden spoon every 15-20 seconds, until marshmallows are completely melted. Remove bowl from microwave. Place 2 tablespoons of mixture in the small bowl and set bowl aside.

2. To medium bowl, stir in powdered sugar and remaining 1/2 cup of marshmallows. Add graham cracker crumbs and cereal. Stir until well mixed.

3. Lightly spray baking pan with no-stick cooking spray. Pour mixture into pan, pat mixture down with your fingers. To keep the mixture from sticking to your fingers, slightly moisten your fingers with water. Pour the remaining 2 tablespoons of chocolate over cereal mixture and spread evenly with spatula.

4. Place Chocolate Munchies in refrigerator for approximately 15 minutes or until firmly set. Cut with knife into 12 squares and enjoy.
ANSWERS

PAGE 2
BEARD
KERNEL
HEAD
STEM
LEAVES
LAMINAR
ENDOSPERM
GERM
ROOTS
WHEAT KERNEL

PAGE 3
TINSMANI
VITAMINS
BIERF
FIBER
LAMENRIS
MINERALS
NERYGE
ENERGY
IXPECM
BAYCREHASROD
COCMPLEX
CARBOHYDRATES

PAGE 6
FOOD
GUIDE PYRAMID
A GUIDE TO DAILY
FOOD CHOICES

RESOURCES:
Kansas LEAF Food Professionals Task Force
Nebraska Ag in the Classroom
The Food Guide Pyramid...Beyond the Basic 4. U.S. Department of Agriculture

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