

Choosing and Preparing Foods

**Basic Nutrition and Food Preparation
for Special Students**

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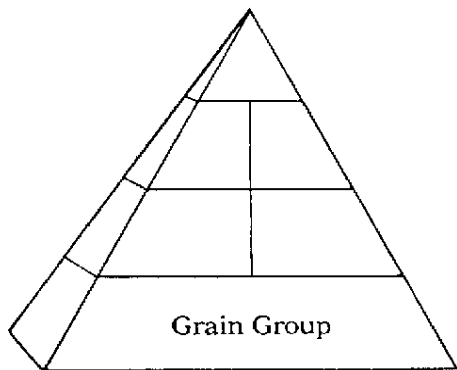
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LESSON I—Grains

Objectives:

1. List foods that are grains.
2. Prepare some foods that include grain products.
3. Compare different kinds of pasta.
4. Locate recipes using grain products.

Select from the following activities for the class period.

Activity	Materials Needed
<p>1. List Foods from Grain Group</p> <p>“On a piece of paper, list what you ate last night for dinner (or supper) and what you ate this morning.”</p> <ul style="list-style-type: none"> ■ Ask students to read their lists. As each one mentions a food from the grain group, write that food on the chalkboard. ■ List may include some of the following: roll, bran cereal, toast, spaghetti, rice, macaroni, bun (with hamburger), bread (from sandwich). <p>“During the next few weeks, we are going to talk about the foods our bodies need to be healthy. This pyramid is divided into 6 sections. The base is the largest section—and that is the section we will label “Grain Group.” (Write “Grain Group” in base of the pyramid.)</p> <p>“Breads, cereals, rice, and macaroni products are in this group.”</p> <p>It is recommended that we eat 6 to 11 servings from this group each day.</p>	<p>Paper Pencils Chalkboard Chalk Food Pyramid on page 41</p> <p>On the chalkboard, draw a pyramid. Divide it into 6 sections, as shown. Write a title: “Food Pyramid.”</p> <p>In the bottom section, write “Grain Group.”</p> <p style="text-align: center;">Food Pyramid</p> 
<p>2. Make a Pocket Sandwich</p> <ul style="list-style-type: none"> ■ Open pocket. ■ Use a knife to spread mayonnaise on inside of the pocket. ■ Slice the tomato. Put the tomato slices in the pocket. ■ Slice the green pepper. Add the green pepper to the pocket. ■ Add sprouts to the pocket sandwich. 	<p>For each student:</p> <ul style="list-style-type: none"> $\frac{1}{2}$ pita (white or whole grain) $\frac{1}{2}$ teaspoon mayonnaise $\frac{1}{2}$ tomato (washed and stemmed) $\frac{1}{4}$ small green pepper (washed, stemmed, and seeded) $\frac{1}{4}$ ounce alfalfa sprouts <p>Spreading knife Cutting board Paring knife</p>

3. Make Macaroni Salad

- Combine $\frac{3}{4}$ teaspoon lemon juice, 1 teaspoon vinegar, and $\frac{1}{2}$ teaspoon salad oil in sauce dish. Mix well.
- Put cold cooked macaroni in mixing bowl. Pour lemon juice/vinegar/salad oil mixture over macaroni and mix.
- Chop celery, red pepper, parsley, and pickle slices. Add to bowl.
- Add yogurt.
- Sprinkle with black pepper.
- Mix gently.
- Put lettuce leaf on plate.
- Spoon macaroni salad onto lettuce leaf.

For each student:

- $\frac{3}{4}$ teaspoon lemon juice
- 1 teaspoon vinegar
- $\frac{1}{2}$ teaspoon salad oil
- $\frac{1}{3}$ cup cooked elbow macaroni, chilled
- $\frac{1}{2}$ stalk celery (washed and trimmed)
- $\frac{1}{8}$ red pepper (washed, stemmed, and seeded)
- 2 sprigs fresh parsley
- 3-4 sweet pickle slices
- 2 teaspoons yogurt
- Black pepper
- Lettuce leaf

- Small mixing bowl
- Sauce dish
- Measuring spoons
- Measuring cup
- Mixing spoon
- Paring knife
- Cutting board
- Salad plate
- Fork

4. Design a Pasta Poster

- Students will make a poster showing the variety of pasta shapes.
- Students can work individually or in pairs.
- Collect as many different pasta shapes as possible.
- Have students:
- Arrange the pasta attractively on the poster board.
 - Glue the pasta in place.

- Poster board (9" × 12")
- Glue
- Variety of pasta shapes

5. Find Recipes for Grains

- "We've been talking about grains. What are some of the grains we've talked about?" (rice, wheat, cornmeal, rye flour, etc.)
- "Let's look through some cookbooks to see what different recipes we can find that use grains."
- Give a different cookbook to each student or pair of students. Show the students how to look in the table of contents and index to find recipes for the different grains.
 - As students find recipes, put the recipe names on the chalkboard with the name of the grain used.

- Variety of recipe books
- Chalkboard
- Chalk