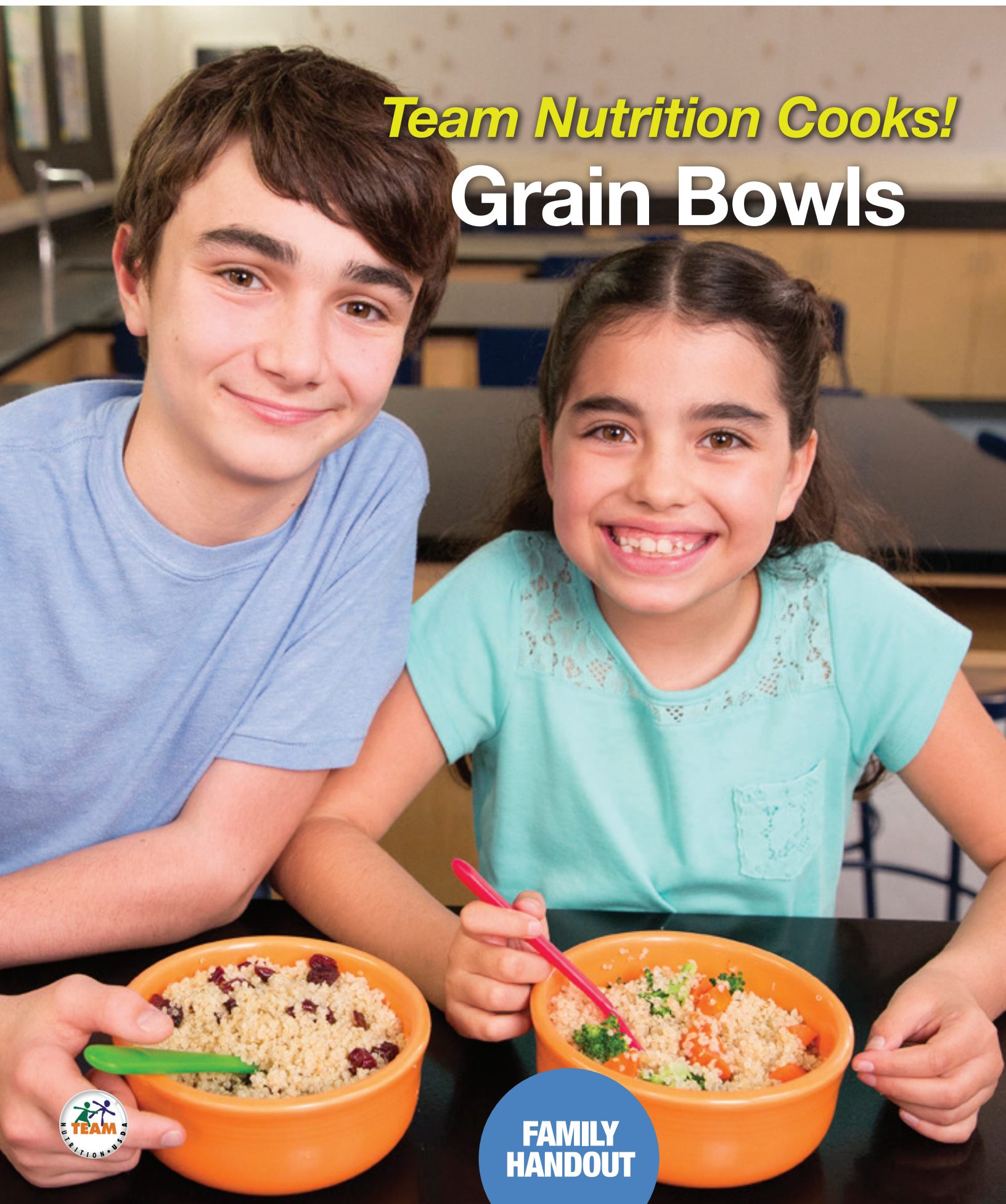




United States Department of Agriculture

Team Nutrition Cooks! Grain Bowls



**FAMILY
HANDOUT**

Table of Contents

Letter to Family.....	1
Recipe: Grain Bowls.....	3
How to Wash Your Hands.....	4
Skills We Used Today.....	5
My Grain Bowl Story.....	11
Kitchen Tools.....	12
My Plate, My Grains.....	13



Dear Family,

Today, your child made grain bowls as part of a cooking activity. He or she learned how to cook grains and practiced many basic cooking skills. This Family Handout includes the recipe as well as step-by-step instructions for the cooking skills. Give it a try at home for a snack or as a quick meal—your child would love the chance to show off his or her new skills! If you would like, you can share a picture of your prepared recipe with us on Twitter: @TeamNutrition #GrainBowls.

Some skills we covered today include:

- How to Chop
- How to Measure
- How to Use a Colander
- How to Use a Cooktop Safely
- How to Simmer
- How to Cool Food Safely
- How to Build Grain Bowls
- How to Set a Table (Optional)
- How to Serve Family Style (Optional)

Ask your child about today's activities. Here are some questions to get the conversation going:

- What did you cook today?
- What steps did you follow to make the grain bowls?
- Are grain bowls something we can make at home?
- What vegetables and fruits do you want to add?
- Do we have the kitchen tools we need to make the grain bowls?
- What other ingredients do we need to make the grain bowls?
- What could we serve with this grain bowl to include other food groups?

Make meals and memories together! Cooking is a skill your child will use for life. You can also watch a video that shows many of the skills in this activity at <https://www.fns.usda.gov/tn/cooks>.

Whole grains, such as brown rice and quinoa, are fantastic: they are delicious and nutty-tasting, versatile, and are good for you too, since they are full of vitamins, minerals, and fiber. Once you get the hang of making them, you will find that it is really pretty easy.

Making grain bowls takes a use-what-you've-got approach to cooking that is perfect for busy families.

Start with some cooked grains or whole-wheat pasta—and then build a dish from whatever ingredients you have on hand. You have grapes but no dried fruit? Use them. Broccoli leftover from last night's dinner? Toss it in. The only rule is to taste as you go, so you will learn what you like.



Look and Cook Recipe:

Grain Bowls

Ingredients

Quinoa



Broccoli



Carrots



Vinaigrette dressing



Chicken



Raisins



Water



Directions

1



Wash your hands.

2



Measure water.

3



Measure quinoa.

4



Cook quinoa.

5



Optional: chop veggies and chicken.

6



Optional: make dressing.

7



Add veggies, raisins, and chicken to quinoa.

8



Add dressing.

9



Enjoy your grain bowl!

Grain Bowls

Use your favorite fruits, veggies, and protein foods to build your own grain bowl!

Total Time: 35 minutes • Hands-on Time: 35 minutes • Yield: 6 servings

INGREDIENTS

See [Shopping List](#) for suggestions for foods in each category.

3 cups cooked grains or 1 cup uncooked grains, such as quinoa
2 cups water*
3 cups chopped vegetables
1½ cups protein food
1½ cups dried fruit
½ cup vinaigrette dressing
(1½ tablespoons finely chopped onion or shallot, ¼ cup oil, 1½ tablespoons vinegar, 1 tablespoon water, ¾ teaspoon mustard, ¾ teaspoon honey, ⅓ teaspoon salt, pinch of black pepper, 1½ tablespoons chopped chives (optional))

INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your kitchen tools and ingredients and put them on a clean counter or other cooking surface.
2. Measure 2 cups of water and add it to a pot. Cover the pot and set it on the stove or cooktop. Turn the heat to high and bring the water to a boil.
3. Measure 1 cup of uncooked quinoa and pour into a strainer or fine-mesh colander. Rinse under cool running water until the water runs clear.
4. Once the water is boiling, add the quinoa to the boiling water and cover the pot again. Turn the heat to medium-low, and simmer the quinoa for 15 minutes.
5. While the quinoa is cooking, measure and chop the veggies, fruit, and protein into small, bite-sized pieces.
6. Make the vinaigrette dressing by whisking ingredients together in a bowl. Or, you can put all the ingredients in a jar, cover, and shake until it is well mixed.
7. Once quinoa is done and cooled, add the chopped veggies, protein, and fruit to the quinoa.
8. Add dressing to the quinoa mixture and mix until everything is well combined. You can also set out the quinoa, vegetables, protein, fruit, and dressing in separate bowls, and let everyone decide how much he or she would like to add to his or her grain bowl.
9. Serve and enjoy your grain bowl!

*If using another grain instead of quinoa, amount of water and cooking time may vary.

Amount per serving: Calories: 343; Total Fat: 12 g; Saturated Fat: 1.5 g; Sodium: 188 mg; Total Carbohydrate: 55 g; Dietary Fiber: 6 g; Sugars: 25 g; Protein: 9 g; Vitamin A: 5203 IU; Vitamin C: 28 mg; Calcium: 60 mg; Iron: 3 mg.

Nutrient information is based on using quinoa, raw carrots, cooked broccoli, chicken, and raisins in this recipe. Nutrient information will be different depending on which grains, vegetables, protein foods, and fruits you use.

SHOPPING LIST:

Produce Section:

- ❑ 3 cups vegetables (any combination of tomatoes, cucumbers, zucchini, broccoli, carrots, green beans, corn, peas, etc.)
- ❑ 1½ tablespoons fresh chives (optional, for dressing)

- ❑ 1 onion (for dressing)

Refrigerated or Frozen Aisles:

- ❑ 1½ cups cooked protein food (chicken, meat, fish, beans, or tofu). You can also use dried or canned beans or canned meat or fish (see below in “Dry Goods” section)

- ❑ 10 oz. raw chicken or a 16 oz. container tofu

Dry Goods:

- ❑ 1 cup uncooked grains (quinoa, brown rice, farro, quinoa, bulgur wheat, or whole-wheat orzo)
- ❑ 1½ cups dried fruit (raisins, cranberries, or cherries or chopped dried apricots, prunes, dates, or figs)

Options for protein foods:

- ❑ 1 (15 oz.) can low-sodium beans
- ❑ 2 (5 oz.) cans chicken or fish

Staples From Your Pantry:

- ❑ oil
- ❑ vinegar
- ❑ salt
- ❑ black pepper
- ❑ honey
- ❑ mustard



How to Wash Your Hands

Washing our hands helps keep foods safe and prevents germs from spreading. Everyone must wash his or her hands before any tasting or cooking begins. Remind your child to keep his or her clean hands away from his or her mouth, nose, face, or other places on the body.

1. Take off all jewelry on your arms and hands.
2. Wet your hands with clean, running water and apply soap.
3. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, your palms, between your fingers, and under your fingernails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or air-dry them.
7. Turn off the faucet with a paper towel, not your bare hands.



Skills We Used Today

During the activity, your child learned about and might have practiced some of the skills that follow. Encourage him or her to show you these skills and to help out in the kitchen. Depending on the age of your child, he or she may need help and supervision when practicing these skills. You can use these skills when making other recipes as well. As a reminder, you and your child should wash your hands and wipe down surfaces before cooking or practicing cooking skills.



How to Chop

Take this opportunity to talk about knife safety, including teaching your child to go slowly and to keep an eye on the knife at all times. Always cut on a cutting board to avoid damaging the countertop and use a non-slip cutting board for safety. Adults should wash and dry the knives. Your child can use a butter knife to learn chopping skills instead of a sharp knife.

These are the steps your child followed in this activity:

1. Hold the knife in the hand you use to write with, and grip it firmly around the handle.
2. Use your other hand to steady the food, keeping your fingers curled under, away from the knife, so only your knuckles show. Pay attention to where the knife is; as it moves forward, your fingers holding the food should move backward, exposing more of the food. The distance between the knife and the hand holding the food should always stay the same.
3. Slice round shapes in half first, so they can rest on their flat side instead of rolling around.
4. If adding chives, hold the chives in a small bunch and cut into small pieces using a pair of clean scissors.



How to Measure

It is important to measure correctly when following a recipe. While your child is still learning, he or she may need some help cleaning up spills or making sure the measurements are correct. Help your child double-check his or her measurements before putting the ingredients in a recipe.

The measuring tools your child learned about today are measuring cups and measuring spoons.

- Measuring cups are used for larger amounts and measuring spoons are used for smaller amounts.
- Measuring cups are divided into fractions of cups—usually 1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup, and $\frac{1}{4}$ cup.
- There are two different kinds of measuring cups: one for measuring liquids and one for dry ingredients.
 - Liquid measuring cups are usually made of clear glass or plastic and sometimes have a pour spout. They are filled even with the measurement line on the side of the cup.
 - Dry measuring cups (usually shorter and not transparent) are meant to be filled to the top and then leveled off using the straight edge of a knife or fork. “Leveled off” means that the dry ingredients are even with the top of the measuring cup so that the measurement is accurate.
- Measuring spoons are divided into fractions of tablespoons and teaspoons—usually $\frac{1}{4}$ teaspoon, $\frac{1}{2}$ teaspoon, 1 teaspoon, and 1 tablespoon. Sometimes $\frac{1}{8}$ teaspoon and $\frac{1}{2}$ tablespoon are included.
- Tablespoons are abbreviated “Tbsp” on the spoon and are bigger than teaspoons. Teaspoons are abbreviated “Tsp” on the spoon.
- Measuring spoons can be used for dry or liquid measurements. Level off dry ingredients on a measuring spoon the same way you would on a measuring cup.

These are the steps your child followed in this activity:

How to Measure Water

1. Put the liquid measuring cup on a flat surface.
2. Fill the measuring cup until the liquid reaches the 2-cup line on the side of the cup.
3. Lean down to get eye level with the measurement lines. The line of the water will have a slight curve. The bottom of the curve should touch the measurement line.

How to Measure Grains

1. Place the 1-cup dry measuring cup on a flat surface
2. Fill the cup until the grains reach the top. Level off the grains with the back of a butter knife.

How to Measure Vegetables

1. Place the 1-cup dry measuring cup on a flat surface.
2. Fill the cup until the vegetables reach the top. Push down gently to make sure there are no air pockets.
3. Repeat two times.



How to Measure Dried Fruit

1. Place the $\frac{1}{2}$ -cup dry measuring cup on a flat surface.
2. Fill the cup until the dried fruit reaches the top. Push down gently to make sure there are no air pockets.
3. Repeat two times.





How to Measure Chicken

1. Place the $\frac{1}{2}$ -cup dry measuring cup on a flat surface.
2. Fill the cup until the chicken reaches the top. Push down gently to make sure there are no air pockets.
3. Repeat two times.

How to Make and Measure Dressing

1. To make the dressing, measure and mix all ingredients for the dressing in a bowl. Whisk with a whisk or fork until evenly blended. Or, put ingredients in a jar, and shake until evenly blended.
2. To measure the dressing, place liquid measuring cup on a flat surface.
3. Fill the cup until the dressing reaches the $\frac{1}{2}$ -cup line on the measuring cup.
4. Lean down to get eye level with the measurement lines. The line will look like a curve. The bottom of the arc should touch the line.



How to Use a Colander/Strainer

A colander is a metal or plastic bowl with holes in it to let water drain out. Colanders are used to strain liquids (usually water) away from foods, such as when you are rinsing grains before cooking them. The colander can also be used to drain the liquid from canned meat or fish, or extra water that is leftover after cooking the grains.

These are the steps your child followed in this activity:

1. Measure the uncooked quinoa and pour into the colander. Rinse quinoa in the colander under cold running water.
2. Gently shake the colander to help the water drain.
3. Stop rinsing when the water runs clear.



How to Use a Cooktop Safely

Teach your child how to use a cooktop safely by talking about the points below:

- Different cooktops have different ways to turn on the heat.
- If the cooktop uses gas, you will have to turn the knob to light the burner before choosing the temperature.
- On a gas stove, you will see the flame on the burner.
- With electric and induction cooktops, turn the knob directly to the temperature you want. You will not see a flame on the burner.
- We strongly recommend that you or another adult be the one to turn on the cooktop. You can explain and describe each step to your child.
- Make sure the handle of your pot is turned inward, toward the center of the cooktop. Otherwise, you could accidentally knock the pot off the stove, causing serious burns.
- Never walk away from food cooking on the cooktop or leave it unattended.
- When moving any hot skillet, pan, or lid, use pot holders, not towels, which can catch fire.
- Keep your cooking area neat. Do not keep flammable items, like dish towels, papers, or cardboard packages, near the stove.

How to Simmer

To simmer, bring the water to a boil using medium-high heat and then reduce the heat to medium-low so that the bubbles that appear when the water is boiling are almost gone. Be sure to talk about safety, as described in the [How to Use a Cooktop Safely](#) box on the previous page.

These are the steps your child followed in this activity:

1. Put the water into the pot. It is important to use a pot large enough to hold the food and water without overflowing and with enough space that the food can move and be stirred.
2. Place the pot on the stove. Turn the heat to high and watch for bubbles breaking all over the water's surface, which means that the water is boiling. Once the water is boiling, add the quinoa and stir.
3. Turn down the temperature to medium-low so that the bubbles almost stop. Cook with the lid on until the grains have absorbed the liquid. If you are cooking quinoa, this will take about 15 minutes or so. When you remove the lid, it is important to lift it away from your face, because the steam that will come out is really hot! Make sure not to lift the lid too often during cooking, since the steam, which is what is cooking the food, will escape and the temperature of the water will drop.
4. Set the pot of grains aside to cool, about 10 minutes.



How to Cool Food Safely

It is important to let food you have just cooked cool before eating it to avoid the risk of burns. Be sure to talk about safety, including waiting until food cools off before eating it and putting hot kitchen tools somewhere safe. Your child may need help removing the pot from the stovetop, putting the cooked grains in a bowl, and putting kitchen tools somewhere safe to cool off.

These are the steps your child followed in this activity:

1. Ask an adult to remove hot food and kitchen tools from the stove, so they can cool faster.
2. Use pot holders or oven mitts to move hot dishes so that you do not burn yourself.

✓ **SAFETY TIP:** Put hot dishes and kitchen tools on a trivet or cooling rack so that they do not damage the countertop.

How to Build a Grain Bowl

1. Add chicken, vegetables, fruit, and dressing to the grains and mix well in a large mixing bowl.
2. Or, let your child design his or her own grain bowl. Put each ingredient in its own serving bowl with its own serving utensil. Set the ingredients out and have everyone build their own bowl with the type and amount of the ingredients they would like.



How to Set a Table

While your child is still learning, he or she might get the place settings a little confused and need some help. Set up a sample place setting for your child to follow. After showing the correct place setting, give your child the necessary supplies and have him or her set the table.

These are the steps your child followed in this activity:

1. Put the napkin and fork on the left side of the plate. The fork should lie on top of the napkin.
2. Place the knife next to the plate on the right side. The blade should face the plate.
3. The spoon belongs on the right side of the knife.
4. The cup goes above the knife and spoon.

How to Serve Family Style

Food is usually not cooked in individual servings. Instead, most dishes are made in a large batch and then divided into portions when served. When a large serving dish is passed around the table from which diners can help themselves, this is called “family style.”

When serving family style:

- Make sure to use clean serving utensils that no one has eaten from or cooked with.
- Remind your child that he or she should eat from his or her own plate, and never directly from the serving dish, to avoid spreading germs. No one should touch the food with his or her fingers when serving or holding the serving dish.
- Everyone will have his or her own plate and eating utensil.
- Uneaten food should never get returned to the serving dish.



My Grain Bowl Story

Fill in the blanks and bring this home to share with your family.

WORD BANK: germ, refined, whole-wheat, brown, bran, measuring cups, spoons, cutting board, B, cups, refined, grain bowls, liquid, fiber, whole, chicken, bran, dry, germ, Grains, whole, grains, endosperm

Today, we made (_____). The main ingredient is (_____), which belongs in the (_____) section of MyPlate. Whole grains have lots of (_____), which helps with digestion. Grains also contain (_____) vitamins.

The type of grain we cooked today was (_____). Some other grains I learned about were (_____). There are two kinds of grains: (_____) grains and (_____) grains. The ones that are better to eat are (_____) grains, because they have all three parts of the grain—the (_____), the (_____), and the (_____). (_____) grains are milled, which means that the (_____) and (_____) are removed. This gives the grain a longer shelf life, but it removes dietary fiber, iron, and many B vitamins. Some simple switches I can make to eat more whole grains include choosing (_____) rice instead of white rice or (_____) bread instead of white bread.

In class, we learned to measure and used two different kinds of tools. One was measuring (_____) and the other was measuring (_____). We also learned that with measuring cups there are two kinds—one to measure (_____) ingredients and one to measure (_____) ingredients.

We also learned how to read a recipe. It's important to read a recipe all of the way through so you know what ingredients and kitchen tools you need, what the steps are, and how much time it will take to make.

When we made the grains, we learned to use new tools. Some of these tools were a (_____), which we put the food on when we chop or slice and (_____), which are used to measure ingredients.

After the grains were cooked and cooled, we got to eat. We combined the grains and other ingredients into grain bowls. We added some vegetables, fruits, nuts, and protein foods including (_____). It was delicious!



Kitchen Tools

These are some of the tools we need to make grain bowls. Can you name them all?



()



()



()



()



()

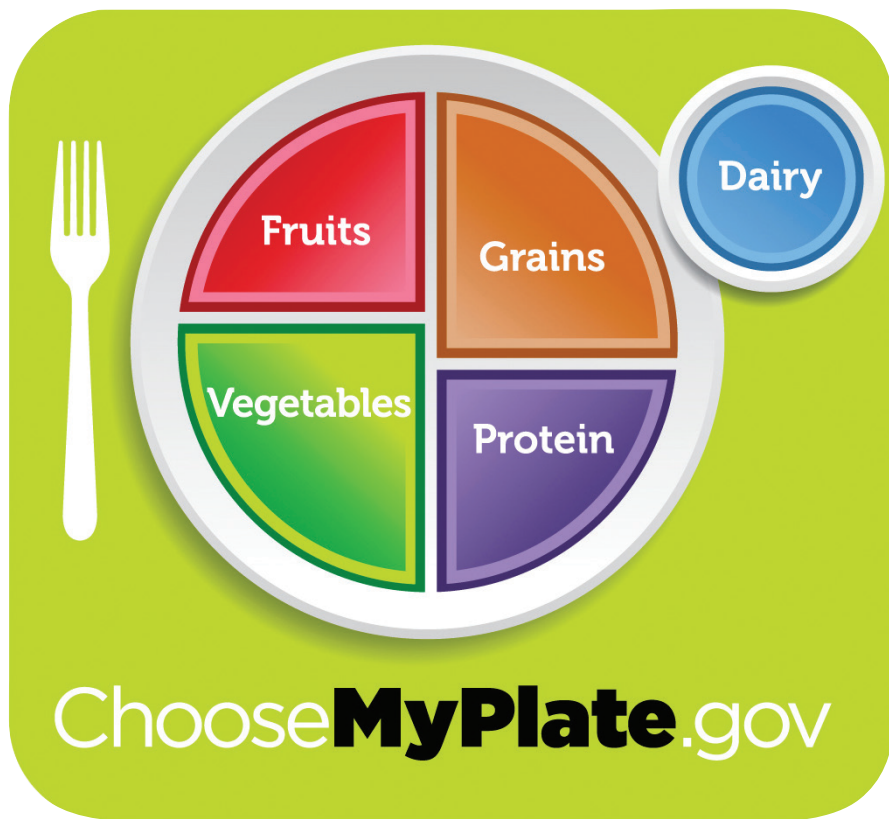


()

WORD BANK: dry measuring cups, large pot with lid, wooden spoon, butter knife, cutting board, large bowl



MyPlate, My Grains



Your child learned about MyPlate today. To remind us of how to eat healthfully, the United States Department of Agriculture created MyPlate. Keep MyPlate in mind when you are feeding your family, so you end up with a balanced meal.

Grains can be eaten as part of a healthy meal or snack. Ask your child to think about foods from other food groups that can be eaten with grains. Have your child write or draw the foods in the chart below. Examples are listed below to get you started.

Fruits

Protein

Vegetables

Dairy

Apples with oatmeal	Peanut butter on whole-grain crackers	Wild rice and vegetable soup	Low-fat cheese with whole-grain tortillas for a quesadilla
	Turkey sandwich with whole-grain bread		



