

# GRAINS 2.0

Developed by Atina Rozhon, Extension  
Educator – Decatur and Jennings Counties

This Extension Homemaker Lesson has been designed to be in the format of BINGO. Included you will find 'Grain Facts' which are represented on the GRAIN boards. The 'Grain Facts' will need to be cut and put into a container prior to giving the lesson.

## 'GRAIN FACTS'

- G Whole Grains reduce stroke risks by 30 – 36%.
- G Whole Grains may lead to healthier carotid arteries.
- G One ounce of Whole Grain = ½ cup cooked brown rice or other cook grain.
- G Ingredient Substitution: replace 1/3 of the flour in a recipe with quick oats.
- G Because bulgur has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat.
- G Whole-grain rice is usually brown – but unknown to many, can also be black, purple, red, or any of a variety of exotic hues.
- G Sorghum is a gluten free grain.
- R Whole Grains reduce type 2 diabetes by 21 – 30%.
- R Whole Grains may lead to a reduction of inflammatory disease risk.

## PURDUE EXTENSION

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- R One ounce of Whole Grain = ½ cup cooked 100% whole grain pasta.
- R Barley is one of the oldest cultivated grains.
- R Millet is the grain most often found in bird feeders.
- R Almost all of the US rice crop is grown in Arkansas, California, Louisiana, Mississippi, Missouri and Texas.
- R The Food Allergen Labeling and Consumer Protection Act mandates that labels on foods manufactured after Jan. 2006 list the word “wheat” to indicate the presence of wheat.
- A Whole Grains reduce heart disease risk by 25 – 28%.
- A Whole Grains may reduce the risk of colorectal cancer.
- A One ounce of Whole Grain = ½ cup cooked hot cereal, such as oatmeal.
- A Buckwheat is a cousin of rhubarb.
- A Millet is the leading staple grain in India.
- A The type of fiber in rye promotes a rapid feeling of fullness.
- A Gluten is a protein found in some grains.
- I Whole Grains assist with better weight maintenance.
- I Whole Grains may lead to healthier blood pressure levels.

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- I One ounce of Whole Grain = 1 slice 100% whole grain bread.
- I Buckwheat is the only grain known to have high levels of an antioxidant called rutin.
- I Unique among grains, oats almost never have their bran and germ removed in processing.
- I Sorghum is also called milo.
- I Nearly 3 million Americans can not eat grains with gluten.
- N Whole Grains may help to reduce the risk of asthma.
- N Whole Grains may lead to less gum disease and tooth loss.
- N One ounce of Whole Grain = 1 cup 100% whole grain ready-to-eat cereal.
- N When wheat kernels are boiled, dried, cracked, then sorted by size, the result is bulgur.
- N Oats that are steel-cut oats are usually chewier, nuttier in taste.
- N Sorghum can be eaten like popcorn, cooked into porridge, ground into flour for baked goods, or even brewed into beer.
- N Rice is a gluten free grain.

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Whole Grains reduce stroke risks by 30 – 36%.	Whole Grains reduce type 2 diabetes by 21 – 30%.	Whole Grains reduce heart disease risk by 25 – 28%.	Whole Grains assist with better weight maintenance.	Whole Grains may help to reduce the risk of asthma.
Whole Grains may lead to healthier carotid arteries.	Whole Grains may lead to a reduction of inflammatory disease risk.	Whole Grains may reduce the risk of colorectal cancer.	Whole Grains may lead to healthier blood pressure levels.	Whole Grains may lead to less gum disease and tooth loss.
Ingredient Substitution: replace 1/3 of the flour in a recipe with quick oats.	One ounce of Whole Grain = ½ cup cooked 100% whole grain pasta.	<p>FREE CELL</p> 	One ounce of Whole Grain = 1 slice 100% whole grain bread.	When wheat kernels are boiled, dried, cracked, then sorted by size, the result is bulgur.
Because bulgur has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat.	Millet is the grain most often found in bird feeders.	One ounce of Whole Grain = ½ cup cooked hot cereal, such as oatmeal.	Buckwheat is the only grain known to have high levels of an antioxidant called rutin.	One ounce of Whole Grain = 1 cup 100% whole grain ready-to-eat cereal.
One ounce of Whole Grain = ½ cup cooked brown rice or other cook grain.	Barley is one of the oldest cultivated grains.	Buckwheat is a cousin of rhubarb.	Unique among grains, oats almost never have their bran and germ removed in processing.	Oats that are steel-cut oats are usually chewier, nuttier in taste.

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Whole-grain rice is usually brown – but unknown to many, can also be black, purple, red, or any of a variety of exotic hues.	Almost all of the US rice crop is grown in Arkansas, California, Louisiana, Mississippi, Missouri and Texas.	The type of fiber in rye promotes a rapid feeling of fullness.	Sorghum is also called milo.	Sorghum can be eaten like popcorn, cooked into porridge, ground into flour for baked goods, or even brewed into beer.
Sorghum is a gluten free grain.	The Food Allergen Labeling and Consumer Protection Act mandates that labels on foods manufactured after Jan. 2006 list the word “wheat” to indicate the presence of wheat.	Gluten is a protein found in some grains.	Nearly 3 million Americans can not eat grains with gluten.	Rice is a gluten free grain.
Whole Grains may lead to healthier carotid arteries.	Whole Grains reduce type 2 diabetes by 21 – 30%.	FREE CELL 	Whole Grains assist with better weight maintenance.	Whole Grains may help to reduce the risk of asthma.
Ingredient Substitution: replace 1/3 of the flour in a recipe with quick oats.	Whole Grains may lead to a reduction of inflammatory disease risk.	Millet is the leading staple grain in India.	Whole Grains may lead to healthier blood pressure levels.	Whole Grains may lead to less gum disease and tooth loss.
Because bulgur has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat.	Barley is one of the oldest cultivated grains.	Whole Grains reduce heart disease risk by 25 – 28%.	One ounce of Whole Grain = 1 slice 100% whole grain bread.	When wheat kernels are boiled, dried, cracked, then sorted by size, the result is bulgur.

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Because bulgur has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat.	The Food Allergen Labeling and Consumer Protection Act mandates that labels on foods manufactured after Jan. 2006 list the word “wheat” to indicate the presence of wheat.	Whole Grains reduce heart disease risk by 25 – 28%.	Buckwheat is the only grain known to have high levels of an antioxidant called rutin.	One ounce of Whole Grain = 1 cup 100% whole grain ready-to-eat cereal.
Ingredient Substitution: replace 1/3 of the flour in a recipe with quick oats.	Barley is one of the oldest cultivated grains.	FREE CELL 	One ounce of Whole Grain = 1 slice 100% whole grain bread.	Rice is a gluten free grain.
One ounce of Whole Grain = ½ cup cooked brown rice or other cook grain.	Almost all of the US rice crop is grown in Arkansas, California, Louisiana, Mississippi, Missouri and Texas.	Buckwheat is a cousin of rhubarb.	Unique among grains, oats almost never have their bran and germ removed in processing.	Oats that are steel-cut oats are usually chewier, nuttier in taste.
Sorghum is a gluten free grain.	Whole Grains reduce type 2 diabetes by 21 – 30%.	One ounce of Whole Grain = ½ cup cooked hot cereal, such as oatmeal.	Sorghum is also called milo.	Whole Grains may lead to less gum disease and tooth loss.

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Whole Grains may lead to healthier carotid arteries.	Whole Grains may lead to a reduction of inflammatory disease risk.	Whole Grains may reduce the risk of colorectal cancer.	Nearly 3 million Americans can not eat grains with gluten.	Whole Grains may lead to less gum disease and tooth loss.
Ingredient Substitution: replace 1/3 of the flour in a recipe with quick oats.	One ounce of Whole Grain = ½ cup cooked 100% whole grain pasta.	<p>FREE CELL</p> 	One ounce of Whole Grain = 1 slice 100% whole grain bread.	Rice is a gluten free grain.
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Whole Grains may lead to healthier carotid arteries.	One ounce of Whole Grain = ½ cup cooked 100% whole grain pasta.	<p><b>FREE CELL</b></p> 	Whole Grains assist with better weight maintenance.	When wheat kernels are boiled, dried, cracked, then sorted by size, the result is bulgur.
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