



The Geneva School

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## WHOLE GRAINS

Today students in grades 1-6 had a chance to taste a variety of whole grains, including whole wheat pasta salad, air-popped popcorn, and whole grain bread. Grains are the seeds of grasses and come in many shapes and sizes like wheat, kernels of popcorn, oats,



rice, tiny flax seeds, and barley pearls. Whole grains are a great source of fiber, vitamins, and minerals and provide complex carbohydrates to supply the body with long-lasting energy. Refined grains (white flours, rice, and pastas and grains that use the words “enriched” or “fortified”) have had the nutrient-rich bran and germ of the grain stripped away through the milling process, leaving empty calories behind. Whole grains help maintain a regular digestive system, maintain blood sugar levels, reduce cholesterol, and may reduce the risk for certain cancers.

It's easy to switch the pastas, breads, crackers and cereals your family eats to whole grains and work to “make half your grains whole.” Read food labels and make sure the word “whole” is listed in the first three ingredients. Serve your family brown rice instead of white rice. Popcorn makes a great snack when air-popped, avoiding the saturated fats from the microwave bags or the concession stand. Be adventurous and try adding some new whole grains into your family's meals, like oats, barley, bulgur wheat, or buckwheat.

### Mrs. Jones' Pasta Salad

This is a recipe that I used to make with white pasta, but have adapted to whole grain pasta. Great for lunches and picnics. Other veggies can be added for variety and color.

8 oz. whole wheat pasta spirals  
1/2 cup cider vinegar  
1/3 cup oil  
1/3 cup sugar  
1 tsp. garlic salt  
1 tsp. pepper  
1 cucumber, diced  
1 onion, diced

- Boil pasta in boiling water x 10 min.
  - While pasta is boiling, mix all other ingredients in a large bowl.
  - Drain cooked pasta and mix into the bowl.
  - Refrigerate overnight. Keeps up to 1 week.
- Serves 8

Students were also served popcorn popped with an air popper.

Whole grain rolls were provided by Crispers.

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.

