

# Today I Learned About...

## BREAD



**We read:** The Little Red Hen, by Byron Barton.

**We discovered:** How wheat becomes bread.

**We explored:** Wheat as a whole grain kernel, as a split kernel, as whole wheat flour, and as a slice of bread.

### FOR YOUR INFORMATION

#### **The Importance of Grains:**

Foods made from grains such as bread, cereal, rice and pasta are carbohydrates, which are the body's favorite fuel. They give children the energy to play, concentrate, and do many other activities.

At least half of the grains consumed each day should be whole grains.

Whole grains contain dietary fiber that can help protect against diseases like heart disease, diabetes and some cancers.

Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, can help maintain proper bowel function and may reduce constipation.

Grains also provide other important nutrients such as folate, which helps release energy from protein, fat and carbohydrates.

Eating grains fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.

#### DAILY GRAIN RECOMMENDATIONS

AGE	Daily Recommendations	Minimum Whole Grain Recommendation
<b>CHILDREN</b>		
2-3 year olds	3 ounces	1 ½ ounces
4-8 year olds	4-5 ounces	2-2 ½ ounces
<b>GIRLS</b>		
9-13 years old	5 ounces	2-2 ½ ounces
14-18 years old	5 ounces	3 ounces
<b>BOYS</b>		
9-13 years old	6 ounces	3 ounces
14-18 years old	7 ounces	3 ½ ounces
<b>WOMEN</b>		
19- 30 years old	6 ounces	3 ounces
31-50 years old	6 ounces	3 ounces
51+ years old	5 ounces	3 ounces
<b>MEN</b>		
19-30 years old	8 ounces	4 ounces
31-50 years old	7 ounces	3 ½ ounces
51+ years old	6 ounces	3 ounces

\* **What counts as an ounce?:** Each of the following equals about 1 ounce of grain food.

- 1 slice of bread
- 1/2 cup of cooked rice, pasta or oatmeal (hot cereal)
- 4 ½" diameter pancake
- 2" diameter biscuit
- 6" diameter tortilla