

## Whole Grains

Practice Activity:

Below is a list of grains/grain products that you will find in stores. Circle the whole grains/whole grain products.

Teff	Brown rice	White Flour
White Rice	Barley	White pasta
Oatmeal	Degermed cornmeal	Wild Rice
Steel cut oats	Wheat Berries	Quinoa
Bulgur	Popcorn	Whole Wheat

## Easy Turkey and Casserole

### Ingredients:

- 2 cups cooked turkey, cut up
- 2 cups cooked rice
- 1/4 cup chopped green pepper
- 1/2 cup chopped onion
- 1 can (3 to 4 ounces) sliced mushrooms, drained, optional
- 1 can (10 3/4 ounces) condensed cream of mushroom soup or cream of celery
- 1/4 teaspoon garlic powder, or to taste
- salt and pepper, to taste

### Preparation:

Preheat oven to 350°. Combine all ingredients in a greased 1 1/2-quart casserole; cover and bake 30 to 40 minutes, until bubbly.

Serves 4

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What is the grain product in the above recipe? \_\_\_\_\_

What could you use to ensure that the grain product is a whole grain? \_\_\_\_\_

Name two whole grain products that you can eat for a snack:

1. \_\_\_\_\_

2. \_\_\_\_\_

Name a refined grain that you regularly eat? \_\_\_\_\_

Name what you may substitute for the refined grains that you eat: \_\_\_\_\_

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