

# - JR. CHEF CLUB -

## NEWS PARENTS CAN USE

Lesson 2

Jr. Chefs "GO" on Grains

Master Mix

### Pyramid Power

Here's **MyPyramid** that your child learned about in school today. To use MyPyramid, follow the width of the colorful bands to make healthy food choices. Here's how....

Each colorful triangular band represents a food group. The width of the band shows how much to eat of each food group. The bands for grain foods (orange), vegetables (green), and fruits (red), are quite wide—so base your meals on these. The triangular bands of yellow, blue and purple stand for oils, the milk group plus the meat and bean group. You just need a little of these foods.

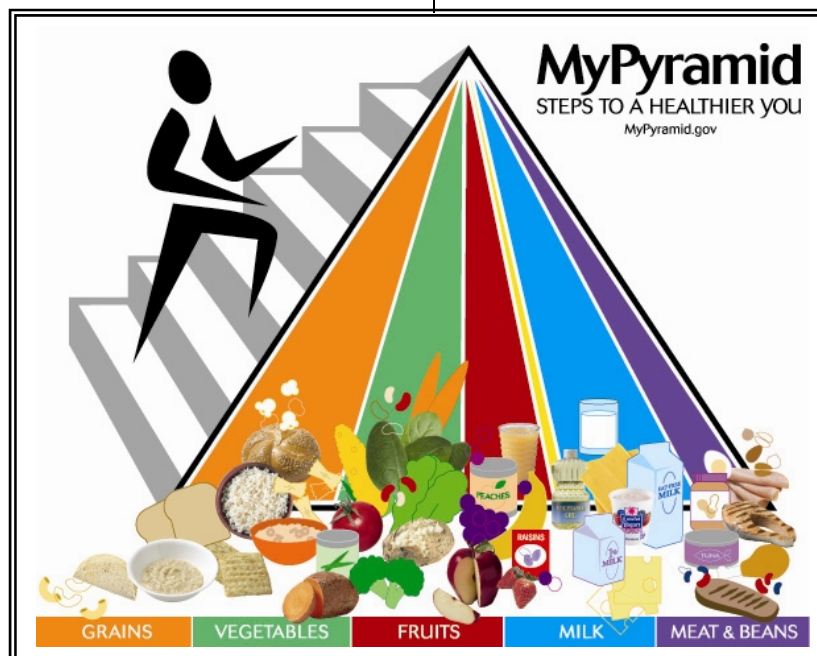
Grain foods such as rice, bread, tortillas, and low-sugar cereals are "GO" foods to give your child plenty of energy to "Go" on. It takes energy to think, learn, move and play.

Foods from the grain group also have B Vitamins, iron, and fiber.

Add plenty of fruits and vegetables to your grain foods, plus a few dairy and protein foods and your child will have a balanced diet. Go light on foods high in fat and sugar—serve them just once in a while and in small amounts.

To learn about Grains in the Food Pyramid, Jr. Chefs made **Master Mix** today—an inexpensive homemade baking mix. Master Mix is made with less fat than commercial mixes and contains whole wheat flour to give your family

plenty of fiber and nutrients. It makes great biscuits—just ask your own Jr. Chef, who sampled some today. Master Mix can save you time and money in the kitchen.



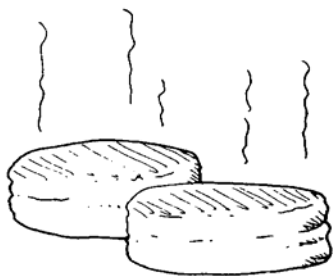
### Master Mix Biscuits

Preheat the oven to 400° F. Biscuits turn out best when baked in a hot oven.

2 cup Master Mix  
½ cup water



1. Add water to dry mix. Stir about 20 times.
2. Turn dough onto lightly floured board or table top. Knead 2 to 5 strokes.
3. Pat to ¾-inch thickness.
4. Cut with a biscuit cutter, upside down drinking glass, or cut into squares with a knife.
5. Bake on un-greased pan for 12-15 minutes.
6. Serve warm. Makes about 10 biscuits.



### Measuring Madness

Your Jr. Chef learned how to measure dry and liquid ingredients. Practice measuring with your child at home because knowing how to cook your own food is important for healthy living. Whenever you can, let your Jr. Chef help in the kitchen!

### More on MyPyramid

**MyPyramid** helps you make smart food choices if you consider the shape of each food group—a triangle. Choose most of your foods from the base of each triangle. Foods at the base are ones that are high in nutrients and have little added fat and sugar.

Choose foods from the tip of each triangle less often. Foods at the tip have a lot of added fat and/or sugar.

Your child is forming eating habits that will last a lifetime. Help him or her make healthy food choices most of the time.

### Wise with Words

These are some words used in class today that might be new to your child. See if he or she can explain them or use them in a sentence.

- "GO" foods
- Measure
- Carbohydrates
- Recipe



Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.