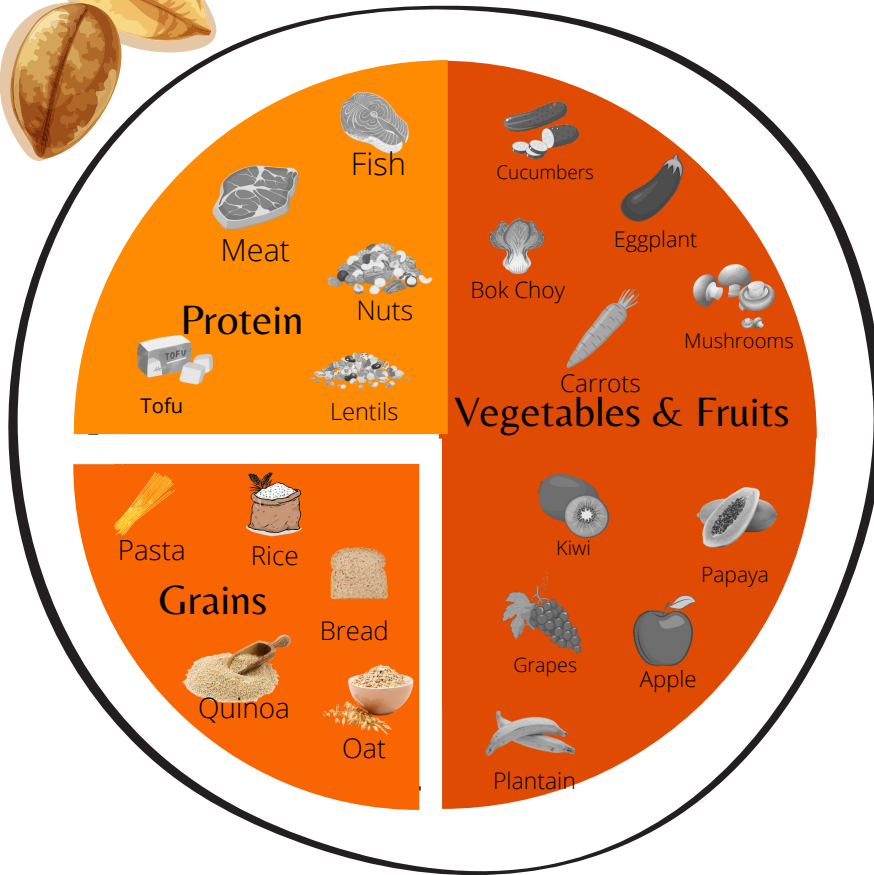


# GRAINS

## Did you know...

- Grains contain something called fiber that will help fill you up.
- Whole grains are good for your health.
  - Choose brown rice over white rice
- Why are whole grains better? Because they have more goodness in them.
- Fun fact : Did you know that corn is a grain?!



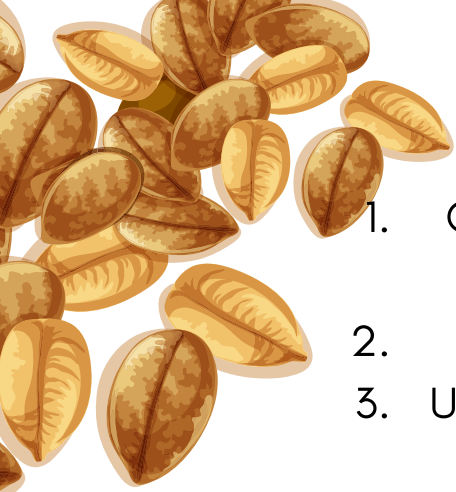
## Overnight oats

### Ingredients

- 1/2 cup of yogurt
- 1/2 cup of milk
- 1/2 cup of oats
- 1 apple (cored, finely diced or grated)
- 1/4 teaspoon ground cinnamon (optional)

### Instructions

- 1 - In a small jar, mix oats with milk and yogurt.
- 2- Stir in apple and cinnamon if using or layer these if preferred.
- 3 - Put lid on jar and place in fridge overnight
- 4 - Ready for breakfast in the morning!



# Measuring cups

1. Choose the proper size measuring cup or spoon before starting a recipe.
2. Fill the cup or the spoon so that it is heaping.
3. Use the back of a knife to level off the measuring cup.



Adapted from Ottawa Public Health, I Love to Cook and Play - Program Manual 2016.

## Let's play a game!

Connect the word to the right image.



Colander

Rubber Spatula

Juicer

Rolling Pin

Wooden Spoon

Serrated knife

Loaf Pan

Potato Masher

Whisk

Vegetable Peeler

Grater

