FOOD STUDIES 9 NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 TA: \_\_\_\_\_\_\_\_ Set:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LG 5: “Break-the-fast”

*Easy Hot Grains*

Learning Outcomes:  
  
1. Compare and contrast homemade vs packaged cereal.  
2. Read the label of boxed breakfast cereal to evaluate health claims and nutritive content.  
3. Identify how taste and nutrient content can be added to with cereal mix-ins

Evaluation:  
  
1. Hot Cereal Mix-Ins  
2. Nutrient Comparison: Label Reading Assignment   
2. Hot Cereal Tasting   
3. Interview

*A reminder:*

All learning guide and test marks should be recorded in your planner. Each student is responsible for recording personal marks and reporting errors within two weeks of receipt of the marked assignment. Students are not self-paced in this course: learning guides must be completed within 2 weeks of the due date. (2 guides per calendar month)

Hot Cereal Mix-ins: What will compliment flavour and nutrients present?

Cereals will provide grains in your diet.   
List mix-ins that will both compliment flavour AND taste after doing some research:

Search online. There are some great Hot Cereal suggestions, including Jamie Oliver’s FoodTube.

|  |  |  |
| --- | --- | --- |
| Mix-In  (detailed description) | Flavours added | Food Group or  Nutrient content? |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Sample-Size Hot Cereal Recipes**

\*liquid in recipe = Milk or Water

If using milk careful to watch for scalding & cook on a lower heat.

Hot Polenta

15mL cornmeal

60mL liquid\*

Dash of salt

*Bring to a boil and cook for 5min on reduced heat.*

Instant Oatmeal

15mL Instant Oats

30mL liquid

Dash of salt

*Heat for 45 seconds, stir for another 45 seconds.*

Cream of Wheat

15mL Cream of Wheat mix

100mL liquid

Dash of salt

*Bring liquid to a boil* ***1st*** *before adding cereal. Simmer with mix for 3min.*

Regular Oatmeal

15mL Porridge Oat & Ancient Grains

30mL liquid

Dash of salt

*Bring liquid to a boil* ***1st*** *before adding cereal. Cover, reduce heat & cook 8-10min, stirring occasionally.*

## Nutrient Comparison: Hot and Cold Breakfast Cereals with Milk

Directions: Complete the chart below using the information found on cereal boxes and packages found in the classroom.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Cereal Name | Amount  Cups, ml and weight (g) serving | Sugar  Grams/  serving | Sodium  Milligrams/  serving | Fibre  Grams/  serving | B3-Thiamine  %of daily recommended intake | Iron  % of daily Rec’d intake | Number one ingredient |
| **1** | **Instant Oatmeal** |  |  |  |  |  |  |  |
| **2** | **Cream of Wheat** |  |  |  |  |  |  |  |
| **3** | **Rolled Oats** |  |  |  |  |  |  |  |
| **4**  **Eg:** | **P.C. Crunchy maple Almond** | Per 1cup  250ml(55g) | 12 g | 210mg | 3g | 80% | 50% | rice |
| **5** | **Cornmeal (for Polenta)** |  |  |  |  |  |  |  |

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_TA:\_\_\_\_\_\_ Set: \_\_\_\_\_\_\_\_

**Hot Cereal Tasting Comparison Chart**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Product-** | How does it look? | Texture-how does it feel in the mouth? | Flavour- ok, too sweet etc? | Would you eat this again? What would you add/delete to make it edible for you? |
| 1. Rolled Oats-  Instant |  |  |  |  |
| *With add in* |  |  |  |  |
| 2.Rolled Oats-     Regular |  |  |  |  |
| *With add in* |  |  |  |  |
| 3.Cream of Wheat- |  |  |  |  |
| *With add in* |  |  |  |  |
| 4. Polenta – |  |  |  |  |
| *With add in* |  |  |  |  |

Cleanup done: Teacher Signature:\_\_\_\_\_\_\_\_\_\_\_ Self-Evaluation: /20