

Cooking with Whole Grains (4 hours)
Idaho State Department of Education – Child Nutrition Programs
Agenda

- 1:00 p.m. Welcome and introductions
- 1:15 p.m. Cooking with Whole Grains
- 1:40 p.m. Label reading activity
- 1:55 p.m. Cooking with Whole Grains Cont.
- 2:40 p.m. Recipe modification activity
- 3:00 p.m. Recipe review
- 3:15 p.m. Break
- 3:30 p.m. “Whole Grain Chef” competition & taste testing
- 4:35 p.m. Clean up
- 4:45 p.m. Questions, evaluations, and certificates

