DECEMBER

FUEL

...YOUR BODY AND YOUR MIND

WHOLE GRAINS ARE GREAT

Whole grains are a game-changer for your health and performance in school! Unlike refined grains, which are stripped of nutrients, whole grains keep all their parts intact, providing more vitamins, minerals, and fiber. Let's break down why whole grains should be part of your daily routine:

Why Whole Grains Matter:

More Nutrients: Whole grains are packed with essential vitamins and minerals like B vitamins, iron, magnesium, and selenium—all of which help with energy production, muscle function, and immune support.

Better Digestion: The high fiber content in whole grains helps your body digest food more efficiently and keeps you feeling full longer. This can help us be more mindful of our food choices throughout the day

Lower Health Risks: Eating more whole grains can lower the risk of chronic diseases like heart disease, diabetes, and even certain types of cancer.

Brain Boost: Whole grains like oatmeal, brown rice, and quinoa are great for your brain, helping you stay focused, boost energy, and keep your mood steady—especially during those long school days or extracurricular activities.

Simple Ways to Include Whole Grains in Your Diet:

- Swap out white bread for whole wheat bread
- Add brown rice or quinoa to your meals
- Start your morning with a warm bowl of oatmeal

Incorporating whole grains into your meals can improve your overall health now—and keep you feeling strong and sharp in the future! So next time you're at the store or planning your meals, go for the whole grain option and power up your day!

ACTIVITY CORNER

MIX, KNEED & BAKE

WHOLESOME AND DELICIOUS: HOW TO BAKE PERFECT WHOLE WHEAT BAGELS AT HOME

Ingredients

- 1 cup whole wheat flower
- 1 ½ tsp baking powder
- ¼ tsp salt
- 1 cup Plain Greek Yogurt (or coconut yogurt for a plant-based option)

Optional Toppings

- 1 beaten egg for an egg wash
- Everything Bagel seasoning
- Onion or garlic flakes

INSTRUCTIONS

1. Preheat oven to 425°F, and line a baking sheet with parchment paper.
2. In a large bowl, mix whole wheat flour, baking powder and salt until combined well.
3. Add yogurt and mix using a spoon until a rough ball is formed.
4. Transfer to lightly floured work surface and knead with hands about 2 minutes to form a dough.
5. Using a sharp knife, cut into 4 pieces.
6. Lightly flour palms of hands and roll into logs about 7-8” long.
7. Shape logs into a ring; Overlap and pinch ends together.
8. Place on prepared baking sheet, lightly brush tops with whisked egg (or use fingers), and sprinkle on choice of toppings.
9. Bake for 20 minutes – visible surfaces should all be golden-brown.
10. Let cool about 30 minutes; Use a cooling rack if possible.