

## Waffle It!

### Oklahoma Home and Community Education of Grady County

#### Leader's Guide

October, 2017



Purpose: To explore and discover new ways to incorporate whole grains into the diet.

Objectives:

1. To acquaint members with the MyPlate recommendations for the Grain group.
2. To provide opportunity to discover new recipes to incorporate whole grains and vegetables into the diet with waffles.
3. To explore other ways to use a waffle iron.

Materials Needed:

1. Copies of Members guides.
2. Waffle iron, waffle recipe, and ingredients (Optional).

Lesson Presentation:

Please read the material within the member guide highlighting those points that you would like to share with your group. One of the objectives is to acquaint members with the MyPlate recommendations of making one-half of your grains whole grains in the diet. It is recommended that you review the tips for incorporating whole grains and present these tips in a concise manner. You may not want to read each one. It may be more effective to highlight those that are more meaningful to you.

Please emphasize that the MyPlate recommendations include one-half of the plate in fruits and vegetables, one quarter in a protein, and one fourth in a grain. Traditionally, we eat waffles as a entrée. The savory waffles featured can be served with roasted vegetables and a broiled or roasted meat. This lesson is designed to showcase waffles used differently. I have included a diagram of MyPlate to help demonstrate this point.

If time permits, preparing one of the recipes for a tasting party is recommended. If you need to borrow a waffle iron, please contact the Extension Office. The two waffle irons that were used for the leader lesson demonstration are available to borrow.

Another option is to have different types of whole grain flours available. Members may not be familiar with unusual types of flour such as buckwheat or rye.

More importantly, enjoy this lesson! Waffles can be fun to make and eat.

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