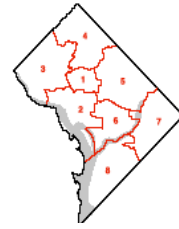




COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF THE DISTRICT OF COLUMBIA

4200 Connecticut Avenue, NW • Washington, DC 20008
(202) 274-7115 Fax (202) 274-7130



District of Columbia

FAMILY & CONSUMER SCIENCES

GO WITH THE GRAIN

Presenters: Usha Kalro, Extension Specialist
(202) 274-7165 – ukalro@udc.edu

Overview:

As research shows the increased health benefits of consuming foods high in whole grains, this workshop will focus on introducing to the participants the different kinds of grains, the different parts of the grain, effects of processing on nutritional value of the grain, and tips on incorporating whole grains into the diet

Objective:

- To discuss the types and role of whole grains in the diet

Potential Outcomes:

- Participants will understand the parts of whole grain
- Participants will understand the impact of whole grain on health
- Participants will learn how to incorporate whole grains into their diet
- Participants will make informed decisions when making choices

Impacts:

- Workshop participants will increase consumption of whole grain foods
- Workshop participants will make better choices in the food that they consume, thereby improving their health

In cooperation with the U.S. Department of Agriculture and District of Columbia Government, Cooperative Extension Service and Agricultural Experiment Station programs and employment opportunities are available to all people regardless of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status or family status.
