



Foster Gloucester - Carolyn Vallese, the Family and Consumer Science teacher at Ponaganset Middle School, likes to teach her students the value of healthy eating. She will conduct the second annual Ponaganset Middle School recipe contest during the spring of 2010, the theme of which is WHOLE GRAINS. Ms. Vallese knows that whole grains are an essential part of a wholesome, healthy diet – and now the students at Ponaganset Middle School will have the opportunity to design a whole grain recipe for fun and prizes!



As a kickoff for her Whole Grain Education program, Ms. Vallese, with cooperation from Sodexo food service director Rich Leso, set up a Guess the Mystery Grain tasting for all three lunch periods at the Middle School on March 5th. A Kids First chef whipped up some delicious Breakfast Couscous and encouraged the students eating lunch to come up to the tasting table for a sample, and to make a guess at the grain he used. It didn't take much encouraging -- the Breakfast Couscous was an overwhelming success with the students AND the staff that tasted it!

The Whole Grain Education program culminated in a schoolwide whole grain

recipe contest held on May 5th. There were two categories – Whole Grain Trail Mix and Whole Grain Salad – and 50 students were up to the challenge, submitting recipes to be tasted and judged by a distinguished panel of VIPs. Prizes were awarded for the top 3 recipes in each category, along with a few honorable mentions.



Thanks to a grant from the New England Institute of Food Technologies, and help from Sodexo, Kids First and Whole Foods, Carolyn Vallese imparted a world of whole grain wisdom to her students, with fun and prizes along the way. Hopefully, as a result, those students will use what they've learned to be healthy, whole grain eaters for life!