

Kansas Wheat Educational Materials

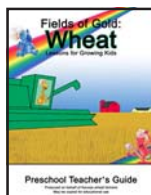
www.kansaswheat.org

Educational Packets

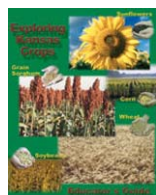
Baking Labs. For secondary FCS classrooms. Why Learn to Bake, Grain Food's Contribution to Health & Wellness, Reference Handouts, Baking Science from Field to Flour, Baking Science from Flour to Table, Baking Labs: flour, leavening, yeast, fat, salt, milk, substitutions, shaping, Baking Resources & References. Available online only.



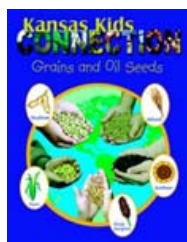
Fields of Gold. (Grades Pre-K - 2) Includes Food Guide Pyramid for Young Children poster. Teacher's Guide includes easy recipes, "Growing Great with Grains" growth chart, copy-ready activity sheets, reading list of recommended children's books, and "Taking it Home" sheets for children to share with their families. Available online only.



Exploring Kansas Crops Educator's Guide. (Grades 3 - 8) This 200-page educator's guide includes lessons on soil, growing crops, moving crops to market, food, feed and nonfood uses, and careers. Created in cooperation with Kansas Foundation for Agriculture in the Classroom and Kansas commodity groups. Available online. Print copies available from Kansas Foundation for Agriculture in the Classroom, 785-532-7946.



Kansas Kids Connection. (Grades 3 - 8) Student magazine to accompany Exploring Kansas Crops Educator's Guide. Available online. Print copies available from Kansas Foundation for Agriculture in the Classroom, 785-532-7946.



Stepping Up To The Plate. (Grades 9 - 12) This four-page lesson plan asks students to create bread with both Hard Red Winter wheat flour and Hard White wheat flour. Students then perform a consumer test, asking respondents which they prefer. 50¢



Posters

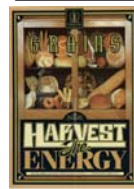
50 Ways to Leave Your Love Handles. A three-color, 15" x 22" poster with ideas on how to lighten up with low-fat, energy-rich complex carbohydrates. 50¢



Grains!!! Applauding grain foods as trendy, healthy, practical and inexpensive, the four-color poster contains a meal planning chart. 50¢



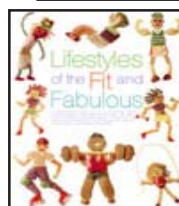
Grains...Harvest the Energy. A four-color poster featuring a beautiful cabinet filled with an assortment of breads — flat breads, breadsticks, bagels and tortillas. \$1



Kernel of Wheat. A popular poster illustrating the components of the wheat kernel: endosperm, bran, and germ. \$1



Lifestyles...of the Fit and Fabulous. A 4-color poster designed with lively animated food people. Kernel of Wheat. An 17 x 22-inch diagram of a wheat kernel. 4th grade and up. 50¢



Wheat: the Energy Natural. Colorful poster featuring wheat foods. \$1



Winners Eat Bread. Colorful poster featuring Austra Skujyte, Olympic Silver Medalist, demonstrating the importance of complex carbohydrates for energy and fuel. 50¢



Great Grain Caper poster. A four color, 17" x 22" poster in *Where's Waldo* format. Can be used with Great Grain Caper activity sheet. \$1



Promotional Materials

Color Postcard 25¢



Color Postcard with small bag of wheat 50¢

"Kansas: The Wheat State" blue plastic lapel pin 25¢



Metal gold wheat pin \$1



Pen filled with Hard Red Winter wheat \$3



Pen filled with Hard White wheat \$3



Plastic dough cutter/bowl scraper \$1.50



Kansas Wheat Belt Buckle. Kansas shaped with wheat head. \$10



"Flour Power! It's the calories, not the carbs" bumper sticker 50¢



Audio-Visuals

Amazing Wheat Video/Teacher's Guide. (Grades 4-6) This video provides your students with an educational (and entertaining) look at wheat and the teacher's guide is a companion to the video. Full of classroom activities and additional background information on wheat. \$3

Baker's Dozen. Lessons for Better Baking. DVD available online at www.homebaking.org.



Baking for Success. Three baking segments. Brownies, Corn Bread, and Focaccia. 7th grade and up. Developed by the Home Baking Association. Comes with brochure, lessons, and activities. \$7

Quantity Yeast Breads from Start to Finish. 20 minute video or DVD designed for school foodservice and retail bakers. Developed by the Kansas Wheat Commission and Kansas Department of Education Child Nutrition and Wellness. Comes with complete script. \$7

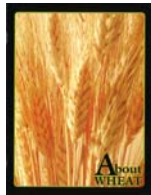
The Worldwide Kansas Wheat Commission. Learn more about the Kansas Wheat Commission. \$3

Yeast Breads Made Easy. Six different programs that provide step-by-step demonstrations for making six kinds of yeast breads. Recipe booklet included. \$7

Your Pennies. See how the wheat check-off turns pennies into dollars. \$3

Food, Nutrition and Fitness Education pieces

About Wheat. This 8-page booklet includes information about what wheat is, where it came from, wheat flours and wheat foods. \$1



Alternative and Industrial Uses of Wheat. Learn how wheat is being utilized in products besides food products (1 page) 5¢

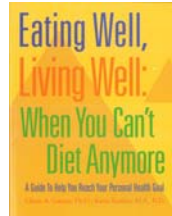
Bread. A Great Choice, Any Way You Slice It. The brochure gives facts about bread and includes a couple fun recipes for the whole family. 25¢



Consumer's Guide to Oriental Noodles. This recipe book discusses the nutritive value and different types of Oriental noodles. 25¢



Eating Well, Living Well: When You Can't Diet Anymore. Glenn A. Gaesser, Ph.D., Karin Kratina, M.A., R.D. A guide to help you reach your personal health goal.



Enjoy More Grain! This 4x7 card gives information about MyPyramid and how to "Get half from whole" for your grain foods serving. 15¢

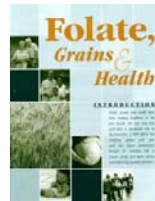


Facts About Kansas Wheat. Provides facts about the Kansas wheat industry with Five-Minute Quesadilla Recipe on back. (1 page) 5¢



Fiber Fact Sheet Set. 25¢
"Bulk Up on Benefits With Fiber!" answers your questions about Fiber.
"Fiber Get Your Fill" A fact sheet explaining the fiber needs of kids, adults and seniors.
"Fiber Finder" A guide designed to help consumers gauge their fiber intake.

Folate, Grains & Health. (White Paper) Written by WFC media spokesperson Karin Kratina, PhD, MPE, RD, LD/N. The paper evaluates the role of folic acid as a critical nutrient for health. \$1



From Wheat to Flour. A complete guide to the production and processing of these six classes of wheat grown in the U.S. Includes the history of wheat, its production and milling practices and a discussion of the nutritional value of wheat-based foods. \$5 Sorry, no free copy.



Functional Benefits of Grain Foods. A white paper that examines the specific benefits of grain foods and their relationship with overall health. \$1



Goodness of Grains Brochure. When it comes to weight loss, it's the calories, not the carbs. Learn about the goodness of grains and the importance of including them in a balanced diet. \$1



Grains of Truth Fact Sheets. Copy-ready information sheets.

Great Grain Caper. 1 copy-ready Great Grain Caper Slick has fun activities for third and fourth graders. Can be used with the Great Grain Caper Poster. Word scramble and word search. 25¢



Heart-Healthy Baking. A one-page tip sheet on reducing the fat in baking. Includes recipes. 5¢

Kansas Wheat Recipes. Booklet of eleven winning recipes and baking tips. Produced annually. Includes winning recipes from the statewide Kansas Festival of Breads. 50¢ each. Up to 10 free.



Kernel of Wheat. An 8 1/2 x 11-inch colored diagram of a wheat kernel. Includes nutritional information and a diagram of how flour is milled. 4th grade and up. 10¢ each Up to 10 free.



National Bake and Take Month. This recipe brochure including five recipes, the history of Bake and Take day started by the Kansas Wheathearts. 25¢



Nutrition: Fact vs. Fad. Highlights the benefits of grain foods and the MyPyramid.gov by shedding light on the truth behind misleading fad diet claims with a comparison chart. 25¢



Wheat Mania Bookmark. Youth bookmark with Kansas wheat trivia. 5¢



Kansas Wheat Materials Order Form

Kansas educators - One copy will be sent free of charge. Additional copies are subject to listed cost.
 Out-of-state residents - Subject to listed cost. Money must be received before the order can be sent.
 Reproduction of printed material is permitted and encouraged. For large quantities, please call for pricing.

Educational Packets

Quantity:	Stepping Up To The Plate.	50¢ each	_____
-----------	---------------------------	----------	-------

Posters

Quantity:	50 Ways to Leave Your Love Handles.	50¢ each	_____
_____	Grains!!!	50¢ each	_____
_____	Grains...Harvest the Energy.	\$1 each	_____
_____	Lifestyles...of the Fit and Fabulous.	50¢ each	_____
_____	Kernel of Wheat. An 17 x 22-inch diagram of a wheat kernel. 4th grade and up.	\$1 each	_____
_____	Wheat: the Energy Natural.	\$1 each	_____
_____	Winners Eat Bread.	50¢ each	_____
_____	Great Grain Caper.	\$1 each	_____

Promotional Materials

Quantity:	Color Postcard.	25¢ each	_____
_____	Color Postcard with small bag of wheat.	50¢ each	_____
_____	“Kansas: The Wheat State” blue plastic lapel pin.	25¢ each	_____
_____	Metal gold wheat pin.	\$1 each	_____
_____	Pen filled with Hard Red Winter wheat.	\$3 each	_____
_____	Pen filled with Hard White wheat.	\$3 each	_____
_____	Plastic dough cutter/bowl scraper.	\$1.50 each	_____
_____	Kansas Wheat Belt Buckle. Kansas shaped with wheat head.	\$10 each	_____
_____	“Flour Power! It’s the calories, not the carbs” bumper sticker	50¢ each	_____

Audio-Visuals

Audio-visuals may be purchased or borrowed. There is no cost for borrowing; borrowers are responsible for first class return postage. Borrowed copies must be returned within 10 days.

Quantity:	Amazing Wheat Video/Teacher’s Guide.	\$3 each	_____
_____	Baking for Success.	\$7 each	_____
_____	Quantity Yeast Breads From Start to Finish.	\$7 each	_____
_____	The Worldwide Kansas Wheat Commission.	\$3 each	_____
_____	Yeast Breads Made Easy.	\$7 each	_____
_____	Your Pennies. See how the wheat check-off turns pennies into dollars.	\$3 each	_____

Food, Nutrition and Fitness Education pieces

Quantity:	About Wheat.	\$1 each	_____
_____	Alternative and Industrial Uses of Wheat.	5¢ each	_____
_____	Bread. A Great Choice, Any Way You Slice It	25¢ each	_____
_____	Consumer’s Guide to Oriental Noodles.	25¢ each	_____
_____	Eating Well, Living Well: When You Can’t Diet Anymore.	\$10 each	_____
_____	Enjoy More Grain!	15¢ each	_____
_____	Facts About Kansas Wheat.	5¢ each	_____

Total Cost This Page. _____

_____	Fiber Fact Sheet Set. "Bulk Up on Benefits With Fiber!" answers your questions about Fiber.	25¢ per set	_____
_____	"Fiber Get Your Fill" A fact sheet explaining the fiber needs of kids, adults and seniors.		
_____	"Fiber Finder" A guide designed to help consumers gauge their fiber intake.		
_____	Five-Minute Quesadillas Recipe Card	5¢ each	_____
_____	Folate, Grains & Health.	\$1 each	_____
_____	From Wheat to Flour.	\$5 each	_____
_____	Functional Benefits of Grain Foods.	80¢ each	_____
_____	Goodness of Grains Brochure.	50¢ each	_____
_____	Grains of Truth Fact Sheets. Copy-ready information sheets	15¢ each	_____
_____	___ Bagels		
_____	___ Baking Ingredients		
_____	___ Baking Terms		
_____	___ Biscuits		
_____	___ Bread Machines		
_____	___ Bulgur		
_____	___ Cakes		
_____	___ Carbohydrates		
_____	___ Cereals		
_____	___ Commercial Breads		
_____	___ Cookies		
_____	___ Couscous		
_____	___ Crackers		
_____	___ English Muffins		
_____	___ Fiber		
_____	___ Flat Breads		
_____	___ Folic Acid		
_____	___ Folic Acid Consumption		
_____	___ Gluten-Free Diets		
_____	___ Grains Other than Wheat		
_____	___ Low-fat Pasta Toppings		
_____	___ Low-fat Spreads		
_____	___ Muffins		
_____	___ Nutrition for Athletes		
_____	___ Oriental Noodles		
_____	___ Pancakes		
_____	___ Pasta		
_____	___ Pasta Makers		
_____	___ Pastry		
_____	___ Pita Bread		
_____	___ Pizza		
_____	___ Purchasing Bread Machines		
_____	___ Quick Breads		
_____	___ Sandwiches		
_____	___ Scones		
_____	___ Sourdough		
_____	___ Tortillas		
_____	___ Vegetarian Diets		
_____	___ Wheat		
_____	___ Wheat Flour		
_____	___ Wheat Kernels		
_____	___ Wheat Nutrition		
_____	___ Wheat Production/Consumption		
_____	___ White Wheat		
_____	___ Whole Grain/Enriched Products		
_____	___ Yeast Breads		
_____	Great Grain Caper.	25¢ each	_____
_____	Heart-Healthy Baking.	5¢ each	_____
_____	Kansas Wheat Recipes. (Up to 10 free)	50¢ each	_____
_____	Kernel of Wheat. (Up to 10 free)	10¢ each	_____
_____	National Bake and Take recipe brochure	25¢ each	_____
_____	Nutrition: Fact vs. Fad	25¢ each	_____
_____	Wheat Mania Bookmark.	5¢ each	_____

_____ Total Cost This Page.

_____ TOTAL COST FROM BOTH PAGES

SALES TAX
 Kansas Residents: Add sales tax for your city/county

TOTAL AMOUNT ENCLOSED. Money must be received before the order can be sent.
 Make checks payable to the Kansas Wheat Commission. Sorry, but we cannot accept purchase orders.

Shipping Address:
 Name _____
 Organization _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____
 Email Address _____
 Date Needed _____

Now you can pay by credit card:
 Visa Mastercard
 Name (as it appears on card) _____
 Card number _____
 Exp. Date _____
 Signature _____
 Billing Address:
 Address _____

Prices subject to change. Please allow 3-4 weeks for delivery unless special arrangements have been made. KWC is a nonprofit organization. City _____ State _____ Zip _____

Return this form to:
 Kansas Wheat • 217 Southwind Place • Manhattan, KS 66503
 Phone: 1.866.75WHEAT • Fax: 785.539.8946 • kswheat@kswheat.com