

WOW

Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—oatmeal. Here are some interesting facts about oatmeal to help guide your discussion...

- Did you know that oatmeal is a heart healthy food that is most commonly made by grinding oat groats (whole oat kernels).
- Whole grain oats contain seven B vitamins, vitamin E, and nine minerals, including iron and calcium.
- One ounce of oats has TWICE the protein of wheat or corn flakes.
- Oatmeal is appealing to health experts because it actually reduces your craving for foods that are not good for you.
- Oatmeal not only helps to reduce artery clogging cholesterol, but it can actually completely remove it!
- Besides the many nutritional benefits of oatmeal, it is also great for your teeth.
- You can also add delicious toppings to help add a tasty flair to your oatmeal, try fruit, yogurt, or syrup.
- Among the products made from oatmeal are facial scrubs, facial masks, sunburn relief creams, relaxing bath additives.

Source: www.oatmealfacts.com,
www.formerfatguy.com, & www.lifescrypt.com