

OKLAHOMA  
AGRICULTURAL AND MECHANICAL COLLEGE  
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EXTENSION DIVISION  
IN COOPERATION WITH  
UNITED STATES DEPARTMENT OF AGRICULTURE  
W. D. BENTLEY, DIRECTOR OF EXTENSION AND STATE AGENT

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LESSON XIII  
**BREAKFAST CEREALS**

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I—REFERENCES

Farmers' Bulletin No. 249, United States Department of Agriculture.

II—DIETETICS

All grains used for foods are called cereals. Those most widely used are wheat, oats, rye, barley, corn and rice. Breakfast foods are usually made from wheat, oats, corn and rice. Grain is one of our staple food-stuffs and is very important as an article of food, inasmuch as it contains most of the food principles and in a fairly good proportion. Owing to the large amount of starch in cereals it is very essential that they be well cooked in order to be more digestible and most completely used by the body. If not well cooked they may prove harmful rather than valuable as a food. Cereals should be served with cream or milk and a small amount of sugar. Children should have at least one dish of well cooked cereal in each day's diet. They should be taught to eat their cereal without sugar, since the cereal is eaten at the beginning of the meal and sugar is quickly dissolved and soon allays hunger. For this reason the child will become temporarily satisfied and will not eat enough of the kind of food he should have. For the same reason candy should not be eaten just before a meal, but at the end of the meal. There is a question whether or not the ready-to-eat breakfast cereals have been subjected to heat for a long enough time to sufficiently cook the starch. However, they are all right for a change for adults. Since cereals are a staple and valuable foodstuff it is the duty of every housewife to know how to properly cook them.

### III—COMPOSITION

From United States Department of Agriculture:

Material	Protein	Fat	Starch	Mineral Matter	Water
Ooameal .....	15.6%	7.3%	68.0%	1.9%	7.2%
Corn meal .....	8.9%	2.2%	75.1%	.9%	12.9%
Entire wheat our.	14.2%	1.9%	70.6%	1.2%	12.1%
Graham ouflr ....	13.7%	2.2%	70.3%	2.0%	11.8%
Rice .....	7.8%	.4%	79.4%	.4%	12.4%
Macaroni .....	11.7%	1.6%	72.9%	3.0%	10.8%

### VI—PREPARATION

Proportion of ingredients:

1 part by measure flaked cereal to 2 of water

1 part granular cereal to 3 to 4 of water

1 tablespoon salt to 1 quart of water

Utensils: A measuring cup, a double boiler and a fork.

#### Method

Measure the water and cereal. Put the water and salt in the upper part of the double boiled and place it directly over the flame or on the hot part of the stove. When the water is boiling rapidly, shake the cereal into the water so slowly that the water does not stop boiling. The rapidly boiling water keeps the grains of cereal in motion. In this way the heat reaches the starch in the grains equally and the grains will also stand out as definite grains when done. Do not stir while cooking. If the grains begin to settle to the bottom, shake the vessel gently or lift the mass with a fork. The object in the first process is to open the starch grains. After the cereal has been started in this manner, place the upper part of the double boiler in the outer part over boiling water and cook for three to four hours. If you have a fireless cooker, put the cereal that has been started into the cooker and let cook over night. This long process of cooking softens the fiber, does not over-cook the protein, and develops a delicious nutty flavor due to thorough cooking of the starch.

### V—AIM OF LESSON

To teach the use of one of our most important classes of foods.

To teach the proper cooking of cereals.

### VI—RECIPES

#### Oat Meal Mush

1 c rolled oats

2 c boiling water

1 t salt

Prepare by the method given for the preparation of cereals in general.

#### Oat Meal Mush With Apples

Core apples, leaving large cavities. Pare and cook until soft in syrup by boiling sugar and water together. To 6 apples use 1½ c sugar to 1 c of

water. Fill the cavities with oat meal mush. Serve with sugar and cream. The syrup should be saved and used again. Prepare the oat meal as in the previous recipe.

#### Cereal With Fruit

1 c cream of wheat	1 ts salt
3 c boiling water	½ lb dates or figs, stoned or drier fruit cut in pieces

Put salt and water in the upper part of the double boiler. When boiling add the cream of wheat gradually. Boil five minutes, then steam in double boiler two to four hours; stir in dates and serve with cream. Serve for breakfast or as a simple dessert. Other fruits as prunes, dried peaches, etc., may be used instead of dates.

#### VII—USES OF LEFT-OVER CEREALS

Any cooked cereal may be used in muffins or to thicken soup. Dates, figs and all kinds of dried fruits may be molded with it for a dessert. Cold corn meal mush might be sliced and browned in butter or some other fat and served with syrup.



#### FOR TEACHERS

**English.**—Name all the uses of wheat you can think of. Write a story telling how wheat is grown. How it is harvested. How it is prepared for man's use.

**Geography.**—Name the wheat producing States of our country. Name other countries that produce large quantities of wheat. Compare the yield, etc. Locate the mills in your country. What section of Oklahoma is a great wheat producing section? Locate on map or make a map showing the wheat area.

**Arithmetic.**—Find the average yield of wheat, oats and corn for the State of Oklahoma.

