



# Setting a SMART Sorghum Goal

Whole grains, such as sorghum, provide fuel for both thinking and moving. Active teens with demanding schedules benefit from the healthy carbohydrates, fiber, protein, vitamins, minerals and phytonutrients supplied by sorghum.

Learning to set goals can be helpful in many areas, including academics, physical activity, sleep habits, hydration, eating a healthy breakfast, or in this case, including whole grain sorghum in your diet.

A great way to form a new positive habit is to use the SMART approach to goal-setting:

S = Specific  
M = Measurable  
A = Attainable  
R = Realistic  
T = Time-Bound

In this activity you will set a goal for using whole grain cooked sorghum, popped sorghum, or a baked item made with whole grain sorghum flour.

## An example of a SMART sorghum goal:

“I plan to use cooked whole grain sorghum as a base for a healthy lunch bowl at least once next week. I plan to combine the sorghum with vegetables, a lean protein source and my favorite dressing.”

Next, you will need a plan. Your plan might involve:

- Asking a parent or other adult for help
- Cooking the sorghum ahead of time
- Checking to see which ingredients are available in your kitchen
- Making a shopping list of needed ingredients and asking an adult to help you shop
- Preparing the sorghum bowl
- Eating your bowl and evaluating your creation, including ideas for next time you make this recipe

