

Growing Up With Grains!

A Lesson on Nutrition Inside the “Grains Group”

A lesson based on the book, Growing Up Strong, by Dan Yunk.

America’s food supply is safe, affordable and abundant but misunderstood by the public. Kansas Farm Bureau seeks to improve consumer knowledge of the importance of farming and ranching through the *Kailey’s Ag Adventure Series*, of which this book is a part.

BACKGROUND INFORMATION:

After reading Growing Up Strong, we have learned that understanding nutrition is important in order to live a long and healthy life. Today we are going to only focus on one of the food groups, grain! Let’s learn what the difference is between whole grains and refined grains, as well as what a good serving size of grain products is.

It is important to eat grain products each and every day. It is also important to remember that the grain products we eat should be made from whole grains not refined grains. Whole grain flour contains the entire grain kernel, including the bran, germ, and endosperm. Refined wheat has been milled which is a process that removes the bran and germ. This is done to give the flour a smoother texture but it eliminates much of the dietary fiber, iron, and B vitamins (*Source: USDA, www.choosemyplate.gov*).

It is not only important for the students to eat foods from the grain group everyday, but also for them to know what an acceptable serving size is. It is recommended for students to eat three servings of grains per day. A serving of grain is one ounce. Examples of one ounce are: one slice of bread, five whole wheat crackers, and 1/2 cup of dry pasta or rice.

ACTIVITY 1: TYPES OF GRAINS

Pass out a copy of handout 1 to the students OR use a transparency of the handout on an overhead projector.

Show the students on the transparency or the handout where the three parts of a wheat kernel are. Explain to them that these pieces make grain products whole grain. If possible, have real examples of whole grain and refined grain products to show for examples.

LEVEL:

2nd-3rd grades

SUBJECTS/STANDARDS:

K-4th grade Health Promotion Standard 1: The students will comprehend concepts about health promotion as it relates to nutrition.

Benchmark 1: The students will identify the relationship between well-being and health related behaviors.

Indicator A: Introduce students to a balanced diet and nutrition as it relates to the MyPlate Food Guide.

ACTIVITY DESCRIPTION:

Students will discover the difference between whole and refined grain products through compare and contrast instruction and activities.

STUDENT LEARNING

OUTCOMES:

Students will chose between whole and refined grains on a written handout as well as through class discussion.

A few examples of whole grains could include: whole wheat flour, whole wheat bread, oatmeal, whole cornmeal, and brown rice. A few examples of refined grains could include: white bread, white flour, and white rice.

Pass out a copy of handout 2 to each of the students.
Give the students a certain amount of time to complete the handout then go over it together as a class.

ACTIVITY 2: SERVING SIZES

Discuss the proper serving size and daily serving amounts with the students. Explain to them how one slice of bread is an entire serving by itself. Use as many examples as you would like to relate the size to foods they eat regularly.

To add a hands-on aspect to this part of the lesson, have a large bowl of dry pasta or brown rice. Allow the students to measure out 1/2 cup of the grain products so they can actually do the measuring to visualize how much 1/2 a cup of pasta or rice is. You can expand this part of the activity to include other grain products as well.

ACTIVITY 3: RECIPE OF THE DAY!

Pass out a copy of the recipe book to each of the students. This recipe book will be used through the entire unit so have the students write their names at the top and keep it.

The students should record the ingredients and the instructions as you walk them through making their snack/recipe of the day. Be sure to point out that the crackers are whole grain. The recipe of the day includes:

Whole Wheat Crackers and Cheese

Ingredients

2 Whole Grain Crackers
2 Slices of Cheddar Cheese

Directions

Wash hands. Place whole grain crackers on a plate. Set cheese slices on top of crackers. Enjoy! Clean up your area.

ACTIVITY 4: PHYSICAL ACTIVITY IS KEY!

It is important to eat a nutritious diet, but also to get exercise everyday! Each lesson included in this unit will include a game or activity to get some physical movement into the student's day!

Combine Tag:

Select two students to begin the game as combines (the its). All the other students will be the wheat blowing in the wind. The wheat students will stand on the far end of the room or location you are using for the activity. The combine students will yell, "Harvest!" and all the wheat students will run across the room. When the combine students tag the wheat students they must sit on the floor as grain until all the other wheat students have been "harvested". Repeat with new students as combines as time allows.

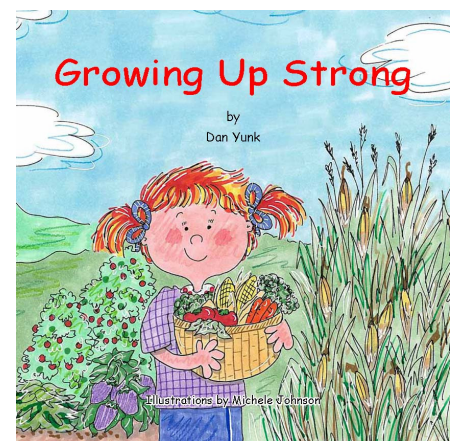
**ESTIMATED
TEACHING TIME:**
50 minutes

NEW VOCABULARY:
Whole Grain
Refined Grain
Serving Size

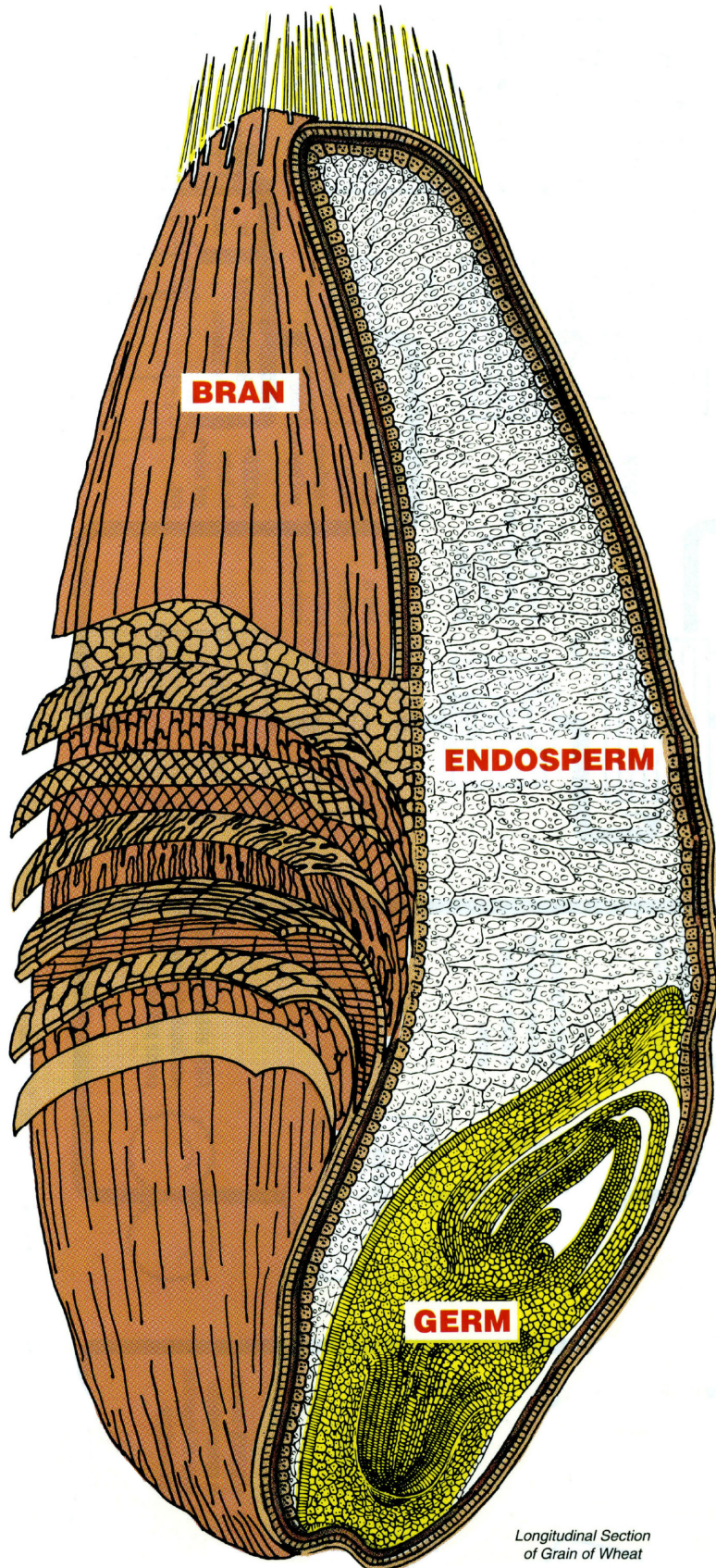
MATERIALS NEEDED:
Growing Up Strong
Copies of Recipe Book
Copies of Handout 1
Copies of Handout 2
Dry Pasta or Brown Rice
1/2 C Measuring Cups
Whole Grain Crackers
Cheddar Cheese
Plates/Napkins

OPTIONAL MATERIALS:
Real grain products to help visualize the serving sizes.

PREPARE AHEAD:
Make copies prior to class
Cut the recipe books and staple them together
Slice the cheddar cheese



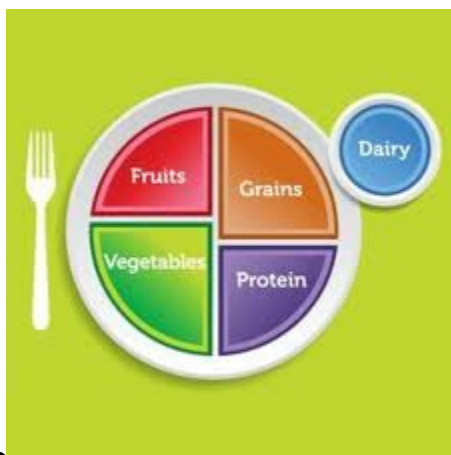
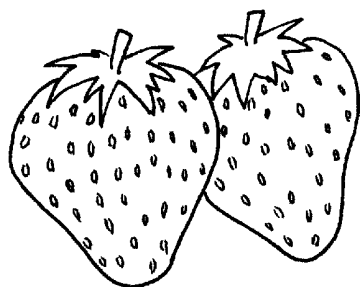
Whole Wheat Kernel



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Recipe

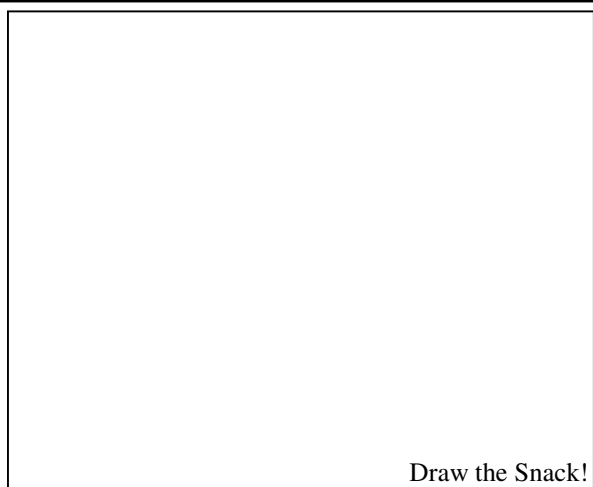
Book



5 Healthy Snacks

In 5 Food Groups

 KANSAS FARM BUREAU®
The Voice of Agriculture®



Draw the Snack!

Snack #1

Whole Wheat Crackers and Cheese

Food Group: Grains

Group Color: Color the border orange!

Ingredients:

1. _____
2. _____

Directions:

Snack #2

Ants on a Log

Food Group: Vegetables

Group Color: Color the border green!

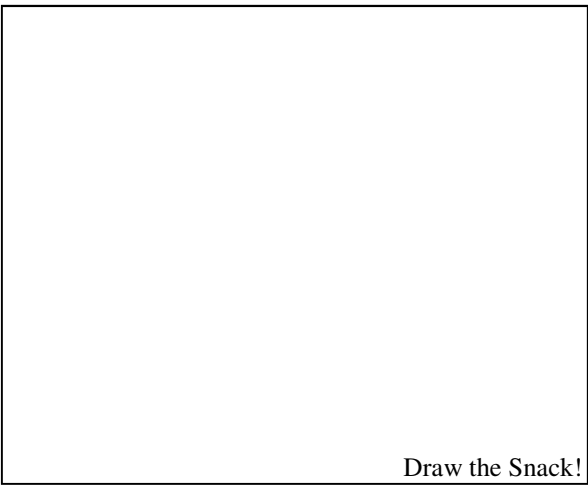
Ingredients:

1. _____

2. _____

3. _____

Directions:



Snack #3

Fruit Faces

Food Group: Fruit

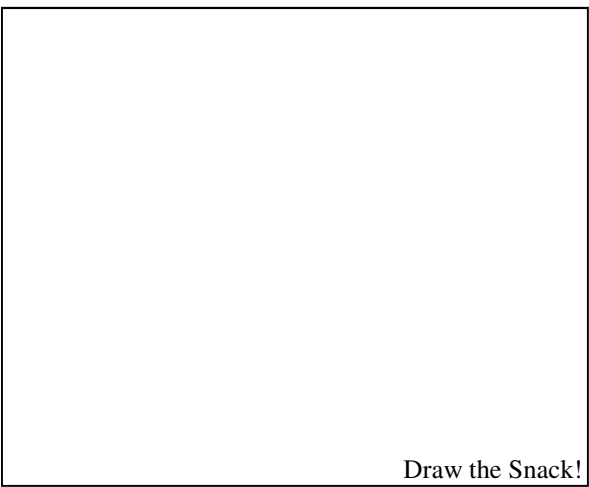
Group Color: Color the border red!

Ingredients:

1. _____

2. _____

Directions:



Snack #4

Yogurt Parfaits

Food Group: Dairy

Group Color: Color the border blue!

Ingredients:

1. _____

2. _____

Draw the Snack!

Directions:

Snack #5

Trail Mix

Food Group: Meat, Beans, and Nuts

Group Color: Color the border purple!

Ingredients:

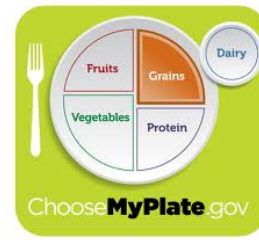
1. _____

2. _____

Draw the Snack!

Directions:

Day 1 Getting to know your grains!



Name _____

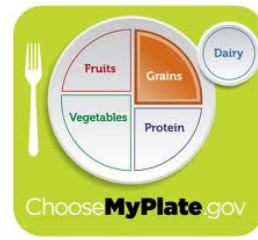
Date _____

Directions:

Circle the whole grain food products. Remember these are better for your body than non-whole grain products.



Day 1 Getting to know your grains!



Name _____ Date _____

Directions:

Circle the whole grain food products. Remember these are better for your body than non-whole grain products.

