



Grains 1st Grade



UTAH CORE STANDARDS

1.N.2 Identify foods and beverages that are healthy choices for the body and explain the importance of choosing healthy foods at each meal.

1.N.3 Describe how food is fuel for the body.

PE 1.3.2 Actively engage in physical activity during class.

MATERIALS NEEDED

- Captain CREATE Puppet or Captain CREATE Poster (in Captain CREATE kit)
- MyPlate Plate, MyPlate Chart or MyPlate Poster
- Grains Sample Kit – jars of grains, wheat stalk and photos of grains in fields and food models: bowl of cereal, bowl of oatmeal, spaghetti, bagel, white and wheat bread slices, pretzel, hamburger bun, pancakes (part of Captain CREATE kit- in separate flat 12 x 12” plastic box)
- Color Coded Laminated Cards in Pencil Pouch OR Cardstock Food models (in Food Fun and Reading) OR Rubber Food Models (in Captain CREATE kit)
- Grocery paper bag
- IPad Mini, speaker and Alive with the Five Food Groups Song available at: <https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum> or other dance song downloaded
- Taste Experience Ingredients and Supplies (listed in Taste Experience section)
- “At Home” Recipes handout – give to each student or teacher to put in backpack to take home

OBJECTIVE 1: Students will identify whole grains and food made with grains.

OBJECTIVE 2: Students will participate in a physical activity and discuss what the benefits are of being active and also discuss how grains give our body energy.

OBJECTIVE 3: Students will taste a whole grain.

MYPLATE MESSAGE

Sample Instructor message is in blue.

Hi, my name is _____ with Utah State University CREATE Better Health and I'd like to introduce you to my friend Captain CREATE. Hold up puppet or show Captain

CREATE poster. Do you see his belly (or shield on Captain CREATE poster)? It is something called MyPlate. MyPlate helps us to know what healthy foods we should eat each day. How many different sections are on his plate or shield? Want to count with me? Point at each section and count. We are going to talk about a certain food group today. I'm going to give you a few hints about which group and see if you can guess. Hold up pancake food model. This food belongs in the food group we are discussing today. Some of you may have eaten breakfast this morning, that included this food group. Raise your hand if you had toast for breakfast. Show the bread food model. Now raise your hand if you had cereal. Show the cereal food model. If you think you know what the name of the food group is, raise both hands high in the air. Allow a few students to guess. You are right! We are talking about the grains group. Point to Captain CREATE's belly or shield that shows the Grains group.

Captain CREATE wants to see who likes grains and what kinds of grains you like. I am going to pick a grain food out of my grocery bag and show it to you. Before class, pick out all of the grain food models/cards and place in paper grocery bag. As I show you the grain food and I say the name, your job is to think about if you like this grain food. If you like it, then you quickly stand up. Okay? Let's get started. Pick a bread model/card out of the bag and hide it behind your back. Stand up if you like bread! Reveal the bread. Stay standing while I pick out another grain. Pick out pasta from the grocery bag and don't show the class yet. Sit down if you like...pasta! Reveal the pasta at the same time that you say the name. Pick out oatmeal from the bag and wait to show the class. Raise your right hand if you like...oatmeal! Repeat the same process with telling the students to wave both hands if they like soft pretzels, and again, have students sit down if they like breakfast cereals. If you are still standing up, you can sit down now. Guess what all these foods have in common? They are all grains or foods made with grains! Foods in the grains group give us energy all throughout the day. Whole grains give us fiber. Fiber helps to clean the inside of our bodies.

When we think about the word grains- we picture the foods we eat, right? Did you know that grains actually start by growing in a field? Seriously! Captain CREATE MyPlate and I are going to show you some photos of grains growing in fields and then we will pass around that grain to show you what it looks like once it has been harvested and ready for us to eat. There are 6 grains in the kit. For this lesson it is recommended to only show wheat, oats and corn.

The first grain we are going to talk about is wheat. Hold up Grains Kit flip chart with photos of grains growing in fields. Show wheat in field photo. This is what wheat looks like when it is growing. Remove stalk of wheat from tube in grains kit and show children. This is what a single stalk of wheat looks like. It is taller in the field. Want to see what it looks like when it is harvested? Pass around jar of wheat. Now let's think about some foods that are made from whole wheat. Does anyone have a guess? Allow a few students to guess. Want to see some? Show photos of foods on back side of wheat field page. Show whole wheat bread and cereal play food. Ready to look at the new grain? Follow through the same way with oats and corn.

ON THE MOVE

Sample instructor message is in blue font.

This game can be played either by gathering children in an open space or children can stand up at their desks and take a step back to play.

Now that we know more about the Grains food group, let's play a game that will show us how grains and other foods give us energy. Have you ever heard the phrase "food is fuel for the body?" What do you think that means? Allow students to give answers. What do we put in a car? Allow students to give answers. Gas or fuel keeps a car moving and food, especially food in the grains group, keep us going because it gives us energy. We need to eat healthy foods to have the energy to move and play each day.

Think about how food gives us energy. I am going to start playing some music. We will dance or move around while it plays. When you hear the music start to get quieter, I want you to slow down your movements. The music will get even quieter, and then it will stop. When that happens, you all stop dancing! Are you ready? Hold up Captain CREATE Puppet. Ready to play Captain CREATE? Have Captain CREATE nod head yes. Let's go!

Play music for about a minute while students move or dance. As you slowly lower the volume say "Now slow down. As you do that, do you feel like you are using less energy?" Play softer music for about a minute. Turn music off. "Now stop! You are out of energy. What should we do to build it back up? Allow children to give possible answers. Here's a hint about what we need to do: Food is fuel for the body! That's right! We need to put healthy food in our body. Foods that are grains are especially good at providing us energy. Let's pretend to eat foods from the Grains group. You could hold up plastic food such as oatmeal, wheat bread, cereal, one at a time and ask the students to pretend eating each one. Are you full of energy again? Captain CREATE are you full of energy? Have Captain CREATE nod his head yes. Play the music loudly again and dance with a lot of energy. Turn music off.

Great job everyone! Remember- food is fuel for the body. Do you remember which food group especially gives a lot of energy? Grain foods! Now that we've played a game, would you like to try a whole grain snack? Let's get ready for our taste experience!

TASTE EXPERIENCE

Before giving a snack make sure you ALWAYS check for any allergies. If teaching in a school- make sure to get a list of food allergies in the school, you DO NOT need a list of students with allergies. If any child in the school has an allergy to a certain food- do not use it as part of the snack. Instruct students to wash hands before making their snack. Teachers or NEA wash and/or prep the food beforehand.

Air Popped Popcorn

Either bring an air popper & large bowl and make popcorn in front of the students or bring healthy popcorn in small bags for each student. Wear gloves & give each child an individual cup or baggie of popcorn. As children are enjoying popcorn,

Hold up the Captain CREATE puppet. Captain CREATE wants to know if you are enjoying your snack. Look at Captain CREATE. Captain CREATE, did you know that popcorn is a healthy snack and is considered a whole grain? Remember how we looked at the corn in the jar as an example of a whole grain? Captain CREATE nods his head. In order to keep popcorn a healthy snack we should avoid adding a lot of butter and salt.

Ingredients/Supplies

- Electric Popcorn Air Popper (if you wish to do this and do not have an air popper contact Darlene at darlene.christensen@usu.edu and she will order you one as part of your Captain CREATE kit.
- Oil or spray
- Large Bowl
- Popcorn
- Cups or small baggies
- Gloves
- Alternative: Prepackaged popcorn product (look for no butter or salt added) or pop ahead of time and prepare in baggies.