



## Grains 2<sup>nd</sup> Grade



### UTAH CORE STANDARDS:

2.N.1: Identify food and beverage choices that contribute to good health.

PE 2.5.1: Recognize the value of a healthy balance between nutrition and physical activity.

### MATERIALS NEEDED

- Captain CREATE Puppet or Captain CREATE Poster (in Captain CREATE kit)
- MyPlate Plate, MyPlate Poster or MyPlate Chart
- 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)
- Optional: White and Wheat Bread Rubber Food Models (in FFR kit)
- Toy Garbage Truck (in Captain CREATE kit)
- Flip Chart and Markers or dry erase board & dry erase markers.
- Orange balloons (in Captain CREATE kit)
- Optional: Bag or clear container of corn meal/maseca and whole wheat flour
- 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 grain foods as being healthier than refined grain foods.

**OBJECTIVE 2:** Students will learn that half of the grains they eat each day should be whole grains.

**OBJECTIVE 3:** Students will be active while discussing healthy grain-based foods.

### MYPLATE MESSAGE

*Sample Instructor message is in blue.*

Hi, my name is \_\_\_\_\_ with Utah State University CREATE Better Health. This is Captain CREATE (show poster or puppet) and he's here to talk to you today about foods that are made from grains. The Grains group is one of the five food groups in MyPlate. Show MyPlate plate, poster, chart or Captain CREATE puppet or Captain CREATE poster. Can anyone tell me what MyPlate is used for? Allow students to give answers. MyPlate shows the five food groups we should eat each day. Choosing healthier foods from each food group will help keep us healthy.

Do you know what a whole grain looks like when it is growing in the field? Show different photos of grains from grains kit. Would you like to see what they look like when they are harvested? Pass around some samples in jars. They basically look like seeds of different plants.

If these were ground up (or processed) what would they make? Hold up the wheat. What would this be if it were ground up? You could also show a bag or container of whole wheat flour. Hold up the popcorn kernels. What would this be if it were ground up? Corn meal. You could show a bag or container of corn meal/maseca.

Who thinks they know a food made from grains or from the flour we get from grains? Allow children to give answers. If they name a food that is in the grains group, write the responses on the white board or flip chart. Write healthier things (such as popcorn or oatmeal) at the top & less healthy things (such as cookies or donuts) towards the bottom. If a student names a food not in the grains group, tell them good guess and that the food is in another group and name the group.

If a student asks why you are writing their answers in different places, top or bottom tell them the foods listed at the top are the healthier grains and the foods listed lower down are the less healthy grains. If the students don't notice, then ask them why they think you are writing their answers in different spots. I've written healthier choices towards the top & less healthy choices towards the bottom. We want to pick more items from the top to eat each day than we want to pick from the bottom. Things at the bottom are foods we should only eat sometimes. Some foods are everyday foods or those foods that provide the most nutrition and help our bodies work and feel our best. Those are the foods we want to eat every day. Sometimes foods are foods that are okay for us to eat, but we want to eat them "sometimes" because they do not provide as much nutrition or they may contain too much sugar or salt. If we eat too much sugar or salt, we will not feel our best.

MyPlate teaches that at least half the grains we eat should be whole grains. Let's look at some foods and see if we can tell which grains are whole grains and which ones aren't. Hold up the white bread food model and whole grain bread food model. Which of these breads do you think is

healthier? Have students answer. That's right! Whole grain bread is better for us. I like to think of it like this, whole is the best!

Foods in the grains group give us energy all during the day. Show garbage truck from Captain CREATE kit. Whole grains provide us with fiber, which removes food waste from our bodies the way a trash truck takes away all the trash from your house. We want to eat whole grains so the "trash" doesn't build up in the body. Now, let's play a game to get us moving and to see how much energy you have!

## ON THE MOVE

Before class, ask about latex allergies. Also, blow up 3 – 6 balloons, depending on the size of the class. The game is played by having students line up in a circle or ask students to stand at their desk and step back one step.

Eating healthy foods such as whole grains is great- but we also need to do something else every day to stay healthy. What do you think that is? Allow students to give answers until someone mentions exercise. What are your favorite ways to exercise? Have students raise their hand and share their favorite way to be active and give their bodies the chance to move.

We are going to play a game that will use the energy you get from grains as well as quick-thinking skills the nutrients in grains can help with. Grains give our bodies' energy. Energy to move and energy to think. Show the first blown up orange balloon. The object of the game is to keep the balloon from touching the floor, while naming foods from the grain group. If you need some ideas of foods in the grain group, you can look at the white board/flip chart. When the balloon gets tossed to you, tap the balloon and say a food in the Grains group. Each time you tap the balloon you must say a different food in the Grains group. Start by tossing 1 balloon into the circle. Have the class take turns tapping the balloon and saying a different grains food each time. Make sure they try to keep the balloon from hitting the floor.

Gradually add more balloons into the circle. You could switch up the game and have students say a single grain food specific to a meal time. For example, you could tell the class to think of breakfast grain foods and the student could say whole wheat toast. Or tell them to think of lunchtime and the student could say whole wheat tortilla as they tap the balloon back into the air. You could also tell them to think of dinner grains and snacks that are whole grains. The objective is to see how long they can keep all the balloons in the air while thinking of grain foods.

## 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. Educator/ambassador wash and/or prep the food beforehand.*

### **Whole Grain Trail Mix**

Pass out the trail mix bags to each student. Discuss how part of the trail mix is made out of whole grains and others may only be grain based. Other ingredients in the trail mix might not be grain based at all. Ask the class if they can tell what all of the ingredients are in the trail mix and what each food group they belong to. You could also show the containers of grains from the Captain CREATE kit and the ingredient packaging, of the items that make up the trail mix.

### **Ingredients/Supplies**

Baggies of pre-made trail mix that contain multiple grains.

- Sandwich bags
- Suggestions for whole grains to include in trail mix:
  - popcorn
  - whole grain goldfish crackers
  - whole grain wheat or puffed cereal
  - whole grain pretzels
- Other possible ingredients:
  - raisins or craisins
  - other dried fruit such as apple chips
  - (if schools allows- tree nuts)
  - chocolate chips