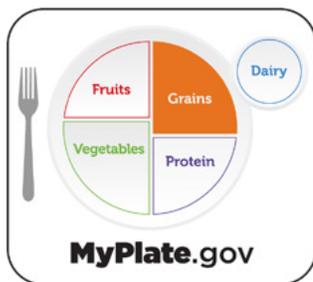


Grains Lesson

The Little Red Hen by Paul Galdone

"The Little Red Hen" is used with permission from Paul Galdone and Clarion Books and is an imprint of Harper Collins Publishers.



NUTRITION Children will learn about the MyPlate Grains Group and what foods are in the group. They will learn that half of their grains should be whole grains.

PHYSICAL ACTIVITY The Chicken Dance

SNACK Whole Grains Snack Mix or Whole Wheat Tortillas

LESSON OBJECTIVES

Children will be able to do the following

1. Identify foods in the Grains Group.
2. Identify that whole grains are better for us than white or refined grains.
3. Identify that half of grains eaten each day should be whole grains.

LESSON ORDER

The lesson should be taught in this order

1. Introduce the MyPlate Grains Group.
2. Read the children's storybook, "The Little Red Hen."
3. Talk about the MyPlate Grains Group and nutrition.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

REQUIRED MATERIALS

- “The Little Red Hen” by Paul Galdone.
- MyPlate chart, plate, or poster.
- Poster of whole grain with removable parts.
- “Chicken Dance” music and video using the internet or mobile device. Search online for music and/or video to the Chicken Dance to play during activity.
- “Chicken Dance” Steps poster.
- Bread models, whole wheat and refined.
- Recipe and ingredients for Whole Grains Snack Mix or Whole Wheat Tortillas, and food preparation gloves.

TIPS FOR INCREASING ENGAGEMENT WHILE READING THE BOOK

- When the hen asks the dog, cat, and mouse to help plant the wheat, ask children, “Why do you think the other animals don’t want to help the hen?”
- After reading “soon the wheat pushed through the ground and began to grow tall,” ask the children if they have seen wheat growing before?

TEACHING THE LESSON

Begin by explaining you will read a book together, talk about MyPlate, make a healthy snack, and play a fun, physically active game.

“Today we are going to learn about the Grains Group. The Grains Group is part of My Plate.”

Show the MyPlate chart, poster, or plate.

“Can you see where the Grains Group is on MyPlate? We are going to read the book ‘The Little Red Hen’ by Paul Galdone.”

Show the book.

“While we read the book, see if you can figure out what it has to do with the MyPlate Grains Group.”

AFTER READING THE BOOK

Hold up the MyPlate poster or plate again.

“Remember when we looked at MyPlate before we read the book?”

“Which food group was the book about again?”

Let children answer.

“That’s right! The Grains Group! MyPlate helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided into five different food groups: Grains, Vegetables, Fruits, Protein Foods, and Dairy.”

“Did you know there are three different parts to a kernel of grain?”

Show the parts of the grain poster.

"A whole grain has three parts."

Point to all three and say the names.

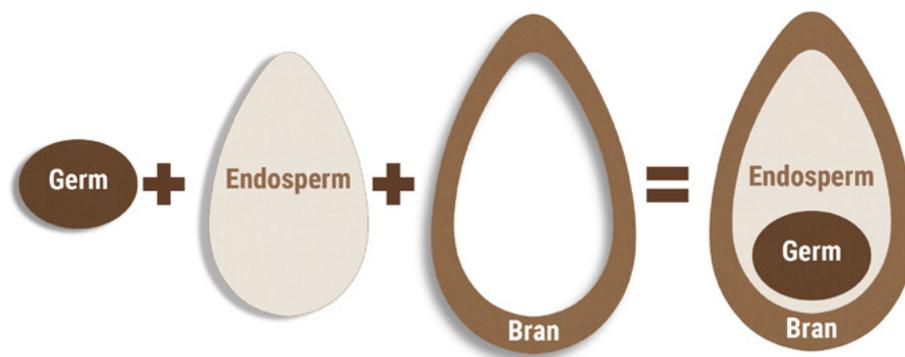
"If a grain is a whole grain, it has all three. When a grain is refined, some parts are removed. The bran is removed."

Tear the bran off.

"The germ is also removed."

Tear the germ off.

"So, a kernel of whole grain is made up of three parts, and a refined grain has only one part—something called an endosperm. Which do you think is more healthy, refined grain or whole grain? Here's a hint: remember whole is best. "



Allow the kids to guess.

"It is better to have ALL of the parts."

"In the book, the little red hen grew the grain, then had it milled and turned into flour. It was milled into white or refined flour. She then used it to make a cake. Cake is really yummy but isn't as healthy as another kind of food the hen could have made from the wheat. Any guesses what kind of food I'm thinking about? Here's a hint."

Show the food replica of whole grain bread. Show the children the bread models.

"The darker brown slice of bread is a whole grain, and just like the whole flour, it was made with all the parts of the grain—the 'whole grain.'"

Show the white bread model.

"When making this white bread, the bran and germ are removed. Which of these two breads do you think is a healthier choice?"

Allow children to guess.

"That's right! The whole grain bread is better for us. Remember that half of our grains each day should be whole grains!"

PHYSICAL ACTIVITY: CHICKEN DANCE

You will need the “Chicken Dance” music available to stream using the internet or mobile device. Show children the “Chicken Dance” Steps poster.

“What kind of animal was the little red hen? She was a chicken, and because she was a chicken, we are going to do the Chicken Dance!”

Have children stand up and face you. Start the music. Demonstrate the steps so they can follow you.

Chicken Dance Steps



1 Make a beak with your hands four times



2 Flap your wings four times



3 Wiggle your tail feathers four times



4 Clap your hands four times



5 Fly freestyle

CREATE

FOOD, FUN & READING

Grains Lesson



CREATE
BETTER HEALTH



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BASIC CHICKEN DANCE MOVEMENTS

STEP 1

Begin with arms by your sides. Bring your forearms up with your hands facing in front of you. Make a beak shape with fingers. Use a “quack-like” movement with fingers and thumbs as if operating a hand puppet four times.

STEP 2

Flap arms like a chicken: elbows out, forearms facing inward 4 times.

STEP 3

Wiggle your tail feathers (shake your rear end) down to the floor for two counts and back up.

STEP 4

Clap hands 4 times. Repeat from the beginning, doing the movements 4 times to the beat of the music.

HEALTHY SNACK

INSTRUCTOR NOTES:

- **Regarding allergies:** Check with teachers or parents before serving any snacks to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative.
- Please instruct children to wash hands prior to eating.
- Instructors should wear disposable gloves when preparing the following recipe(s).

WHOLE GRAINS SNACK MIX

As children enjoy their snack mix, talk about what whole grains are in the mix.

Ingredients

- 100% whole grain cereal (e.g., Cheerios, Wheat Chex, Corn Chex)
- Popcorn
- Whole grain goldfish crackers
- Yogurt covered raisins

Other Supplies

- Small cups
- Large zip plastic bag or bowl
- Plastic food prep gloves

Instructions

Put on food preparation gloves. Mix all ingredients in a large zip-top bag. Pour the mixture into small cups for each child.

**You could incorporate other ingredients as well. Keep in mind that you want to include whole grains.*

Alternative recipe idea

WHOLE WHEAT TORTILLAS

Ingredients

- 2 cups wheat flour or 1 cup wheat flour and one cup white flour
- 1/2 teaspoon salt
- 3 tablespoons oil
- 3/4 cup of warm water
- 16 cheese slices

Instructions

1. In a large bowl combine flour and salt. Add water and oil to form the dough. If necessary, add a bit more water. Knead the dough with your hands and mix until the dough is smooth and is able to be molded.
2. Divide the dough into 16 small round portions and form them into ball shapes. Let the dough rest for 10 minutes. On a lightly floured surface, roll out tortillas to your preferred thinness. In a hot greased pan cook them for a minute on each side. Top with a slice of cheese and roll up.

Option: Use premade wheat tortillas, warm on an electric griddle, melt cheese on the tortilla, and roll up to serve.



LESSON REVIEW

While enjoying the snack, review the lesson.

Ask children:

“Do you remember how a whole grain is different from a refined grain?”

Allow children to give answers, then show poster again.

“Why are whole grains better for you?”

Allow children to give answers and then talk about it again.

“What are some whole grains you like to eat?”

Help children come up with some whole grains they will try.