

# MyPlate: Try Whole Grains!

*Kindergarten - 2nd grade*

## Nutrition Objective

In a group setting, students will be able to name three foods that are made from whole grains. Students will make and taste a snack that includes a whole grain.

## Cross Curricular Connections

ELA, Science

## Materials

- **Lending Library** – *Carlos and the Cornfield* by Jan Romero Stevens; *Bread, Bread, Bread* by Ann Morris; *Bread Comes to Life* by George Levenson
- **MyPlate Food Cards**
- **Extension Materials** - three bags containing wheat stalks.
- **Ingredients:** whole grain crackers, cucumber, cream cheese, black olives

## Essential Vocabulary

**Whole** - All of something.  
Example- I ate the whole mango!

## Moderate to Vigorous Physical Activity (PA)

**Teachers, lead your students in a Brain Boost!**

### Mindfulness Before Exercise:

**Teachers Say:** “Take a moment to check in with your body. Notice how you feel: tired, stiff, excited, energized? Pay attention to your heartbeat; Is it fast or slow?”

**Teachers Say:** “During exercise, pick one movement from each group and set a goal”.

- Example goals: "I'll do running arms as fast as I can without stopping" or "I'll pace myself to do high knees without stopping."

#### • group #1 (20 seconds):

- option 1: jump squats; toes to sky
- option 2: seated running arms; standing running arms
- rest for 10 seconds.

#### • group #3 (20 seconds):

- option 1: seated "washing machine" twists; standing "washing machine" twists
- option 2: seated or standing elbow to opposite knee crunches
- rest for 10 seconds.

#### • group #2 (20 seconds):

- option 1: seated swimming arms; standing swimming arms
- option 2: jumping jacks; side to side reaches
- rest for 10 seconds.

#### • group #4 (20 seconds):

- option 1: standing or seated "windmills" (Toe touches to opposite foot)
- option 2: seated or standing book/bottle chest press

### Mindfulness After Exercise:

**Teachers Say:** “Check in with your body again”.

- “Notice if you feel more tired or energized”.
- “Check your heartbeat – Is it fast or slow?”
- “What is your thirst level?”

# Lesson Process

**Teachers Say:** “Today we will explore the value of consuming whole grains as part of a balanced diet and learn how to determine if a food is or is not a whole grain based on key features and language. We will make and taste a snack that includes a whole grain.

**Lesson Activity:** As a whole class or in small groups, review food cards to explore foods made from whole grains. Using the labels and key imagery, determine if a food is a whole grain.

## MyPlate Connection

**Teacher:** Lead a discussion around whole grains. Foods that belong in the whole grain section of MyPlate can include tortillas, breads, rice, and popcorn! A food is only considered whole grain when ALL parts of the grain are present. When able to, whole grains should make up 25% of your plate.

## Key Points

Eating **whole grains** provides our bodies with fuel that gives us lasting energy and allows our bodies to communicate when we are satisfied or no longer hungry. When we make 25% of our plates whole grain by trying foods like brown rice, corn, and whole grain cereal packed with fiber, we are fueling our bodies for success. Sometimes, knowing if a food is whole grain may feel like a mystery. Look for such clues as “whole grain” on packages. Ask for help from a friend or trusted adult if you need support discovering these important words. By eating whole grains rather than refined grains, our bodies can enjoy all the benefits of all parts of the grain! More fiber from **whole grains** means more energy throughout your day to play and learn.

**Whole** grains include wild rice, whole grain bagels, and oatmeal. Some foods you eat such as pasta and bread are also made with whole grains. But to know, we must read the packaging labels. (Demonstrate with food pictures).

Watch this video to learn more!

**Whole Grain** <https://www.youtube.com/watch?v=d3xJaISd4XY>

**(Turn and talk) Teachers Ask:** - “What delicious whole-grain foods do you currently enjoy eating? What whole-grain foods would you like to try?”

**Speaking Stem-** “A whole grain food I enjoy eating or would like to try is...”

**Support students by prompting with whole-grain food examples from the text.**

## Exit Ticket

As a whole class or in small groups name three whole grain foods. **Reference that determining if a food is whole grain or not requires observation AND finding key words.**

For additional activities and information visit <https://colosph.cuanschutz.edu/school-wellness>



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

# Lesson Expansion Activity

## Students observe a wheat stalk, a whole grain

Instructions:

1. Pass around the three bags containing wheat stalks (optional use of magnifying glasses).
2. Encourage students to investigate the wheat stalk using their eyes and sense of touch.
3. What do you notice?
4. Instruct students that whole grains such as wheat stalks contain all three components of a whole grain: the bran, germ, and endosperm! Refined grains only contain parts of grain.

### Mindfulness Moment

**Ask:** What did you feel when you were handling the wheat stalk?

**Say:** Feeling food in our mouths and with our hands can be a valuable skill and can support exploring other foods with similar textures.

### Students Can

All students can participate in the food preparation in some way. Students are able to open cans, wash produce, cut foods with appropriate knives, mix foods, and serve peers. Support students with hand over hand if needed.

### Conversation

- What whole grain foods do you already enjoy eating?
- What whole grain foods would you like to try in the future?

## Preparation and Recipe

**“Whole Lotta YUM” - Teachers, involve students in the preparation of this recipe.**

**Ingredients:** whole grain crackers, cucumber, cream cheese, black olives

1. Wash hands for 20 seconds.
2. Wash cucumbers. Cut each cucumber into pieces, one for each student.
3. Each student receives 2-3 whole grain crackers and a small spoonful of cream cheese.
4. Spread cream cheese onto the cracker.
5. Students slice the cucumber and black olives into smaller pieces, add them to the cracker/cream cheese, and enjoy.



### Colorado Comprehensive Health Standard(s)

Kindergarten, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating. 3. Apply knowledge and skills related to health promotion, disease prevention, and social wellbeing.

First Grade, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating. 3. Apply knowledge and skills related to health promotion, disease prevention, and health maintenance.













Second Grade, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating. 3. Apply knowledge and skills related to health promotion, disease prevention, and health maintenance.

# SCHOOL & COMMUNITY WELLNESS PROGRAM

## Make Half your Grains, Whole Grains Family Letter

Use this chart as a guide for cooking whole grains!

Whole grains are full of flavor! Cooking whole grains is simple; use the chart below. Meals made with whole grains help you feel full and keep your energy up during the day. Try these easy menu ideas to help you enjoy the benefits of whole grains.

1 cup of whole grain	cups of broth or water	cook time	servings	Menu ideas
brown rice 	2 cups 	45 minutes	3 cups	brown rice, beans, corn and salsa 
quick oats 	3 cups 	5 minutes	1 <sup>3</sup> / <sub>4</sub> cups	oats, milk of your choice and fresh fruit 
whole wheat pasta 	4 cups 	7-10 minutes	2 <sup>1</sup> / <sub>2</sub> cups	whole wheat pasta, tomato, and vegetable sauce 
quinoa (keen-waa) (rinse well) 	2 cups 	15 minutes	4 cups	quinoa, vegetables, feta cheese and light dressing 

## Resources

### Text2LiveHealthy

We will send you free weekly texts with ways to eat well and be active together. You will also receive recipes, resources, and information about events in your area. Scan the QR code to enroll in this program.

Message & Data Rates May Apply. Text HELP for information. Text STOP to 97699 to opt out. No purchase necessary. For Privacy Policy and Terms and Conditions, visit: <https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/rmprc/text2livehealthy>



Rocky Mountain  
Prevention Research Center  
colorado school of public health






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# PROGRAMA DE BIENESTAR ESCOLAR Y COMUNITARIO

## Haga de la mitad de sus cereales, cereales integrales Carta familiar

¡Utilice esta tabla como guía para cocinar cereales integrales!

¡Los cereales integrales están llenos de sabor! Cocinar cereales integrales es sencillo; utilice la siguiente tabla. Las comidas elaboradas con cereales integrales le ayudarán a sentirse saciado y a mantener la energía alta durante el día. Pruebe estas sencillas ideas de menús que le ayudarán a disfrutar de los beneficios de los cereales integrales.

<u>1 taza de cereal integral</u>	<u>Tazas de caldo o agua</u>	<u>Tiempo de cocción</u>	<u>Porciones</u>	<u>Ideas de menú</u>
Arroz integral 	2 tazas 	45 minutos	3 tazas	Arroz integral, frijoles, maíz y salsa 
Avena rápida 	3 tazas 	5 minutos	1 3/4 tazas	Avena, leche de su elección y fruta fresca 
Pasta integral 	4 tazas 	7-10 minutos	2 1/2 tazas	Pasta integral, salsa de tomate y verduras 
Quinoa (keen-waa) (enjuague bien) 	2 tazas 	15 minutos	4 tazas	Quinoa, verduras, queso feta y aderezo ligero 

## Recursos

### Text2LiveHealthy

Le enviaremos mensajes de texto semanales gratis sobre maneras de comer bien y estar activos juntos. También recibirá recetas, recursos e información sobre eventos en su área. Escanee el código QR para inscribirse en este programa. Tarifas por mensajes y datos pueden aplicar. Envíe la palabra AYUDA para más información. Envíe la palabra PARAR al to 97699 para dejar de recibir mensajes. No necesita comprar nada para participar. Para la política de privacidad y Términos y Condiciones visite <https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/rmprc/text2livehealthy>



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