

MyPlate-Try Whole Grains!

3rd-5th grade

Nutrition Objective

Students will be able to in a group setting, review various food labels to determine if a food is a **whole** grain product. 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
- **Exit Ticket Materials** - food pictures/labels to compare/contrast
- **Extension Materials** - white rice, brown rice
- **Optional:** magnifying glasses and dark construction paper
- **Ingredients:** whole grain crackers, tomatoes, cream cheese, popcorn

Essential Vocabulary

Whole - all of something.

Example: I needed to eat the whole banana to become full.

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, or 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 #2 (20 seconds):

- option 1: seated swimming arms; standing swimming arms
- option 2: jumping jacks; side to side reaches
- 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 #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?"

PA Complete!

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

Foods that belong in the **whole** grain section of MyPlate can include tortillas, breads, rice, and popcorn! A food is only considered to be whole grain when ALL parts of the grain - bran, germ, and endosperm are included in the production.

Key Points

Eating **whole** grains provides our bodies with many key components to fuel overall wellness. Fueling your body with such nutrients as fiber and iron ensures your body experiences fullness and has the energy to be active and learn! Half your daily consumption of grains should include **whole** grains. Delicious foods such as sandwiches made with whole grains, yummy brown rice topped with fruit, and vegetable wraps in a whole grain tortilla are all options when choosing whole grains. Determining if a food is whole grain can be challenging. Look for such wording as “*whole grain, sprouted, or cracked*” when reading nutrition labels. Whole grain will generally be one of the first ingredients listed. Remember, you cannot determine if a food is a whole grain by just observing the food item. Whole grains include such nutritious foods as quinoa (keen-wa), brown rice, and oatmeal. Some foods you eat, such as pasta and bread, can also be made with whole grains.

Watch this video to learn more!

Whole Grains <https://www.youtube.com/watch?v=whwkeG9msLM>

(Turn and Talk) **Teachers Ask:** “What are the benefits of consuming or eating whole-grain foods?”

Speaking Stem - “A benefit of consuming whole-grain foods is...”

Teacher Ask: “What must be done to determine if a food is made with whole grains?”

Exit Ticket

As a whole class or in small groups, review at least six food labels and correctly determine which products are whole grains or contain whole grains.
(Food pictures are provided with delivered materials)

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 the differences between white and brown rice:

While reading labels is necessary to be sure a grain is whole or not, some grains have visual differences that can be observed. With this experiment, students will compare and contrast some visual differences between a whole grain and a refined grain.

Directions:

Give students a small amount of both types of rice.

- Students use dark construction paper to observe and comment on the differences.
- Brown rice and white rice are both kernels (seeds) from the rice plant.
- Brown rice contains all 3 parts of the whole grain.
- White rice only contains the endosperm or interior layer.
- White rice kernels are clear white, shiny, and polished whereas brown rice has a different texture and darker color.

Prompt students to utilize their senses to explore the different rice. Is one rice smoother than the other? What visual differences do you notice?

Mindfulness Moment

What did you feel when you were handling the different grains? Were there texture differences? Feeling our food can be a valuable skill as it supports being present when we eat and can support exploring other foods with similar textures.

Students Can

All students can participate in the food prep 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.

Preparation and Recipe

“Whole Lotta YUM” Recipe

Ingredients- whole grain crackers, cherry or grape tomatoes, cream cheese, popcorn (whole grain!)

1. Wash hands for 20 seconds.
2. Wash tomatoes. Give each student 2-3 tomatoes.
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 their tomatoes in half and eat with cracker and cream cheese.
6. Serve popcorn on the side.



Conversation

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

Colorado Comprehensive Health Standard(s)

Third Grade, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating.

Fourth 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.













Fifth Grade, Standard 2. Physical and Personal Wellness. 1. Demonstrate the ability to make good decisions about healthy eating behaviors. 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 ³ / ₄ cups	oats, milk of your choice and fresh fruit 
whole wheat pasta 	4 cups 	7-10 minutes	2 ¹ / ₂ 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>



Text2LiveHealthy
Fun tips to keep your family healthy

Rocky Mountain
Prevention Research Center
colorado school of public health





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

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>



Rocky Mountain
Prevention Research Center
colorado school of public health



Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). Esta institución es un proveedor que ofrece igualdad de oportunidades.