

Dear Educator,

Help your students rise to the challenge of good nutrition with this free educational program made possible by the Grain Foods Foundation and developed by the award-winning curriculum specialists at Young Minds Inspired.

Growing with Grains includes standards-based lessons and a digital whiteboard activity that build on the new USDA MyPlate dietary guidelines to educate students about the importance of including grains in their diet. Your students will discover how the nutrients from grains can give them the energy they need for school and play.

We hope that you will share this valuable program with other teachers in your school. Although the materials are protected by copyright, you may make as many copies as needed for educational purposes.

Please use the enclosed reply card to let us know your thoughts on this program, or comment online at www.ymiclassroom.com/feedback/growingwithgrains.html. We depend on your feedback to continue providing free educational programs that make a real difference in students' lives.

Sincerely,

Dr. Dominic Kinsley
Editor in Chief, Young Minds Inspired



YMI is the only company developing free, creative, and innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at www.ymiclassroom.com to send feedback and download more free programs. For questions, contact us at 1-800-859-8005 or email us at feedback@ymiclassroom.com.

GROWING with GRAINS

TARGET AUDIENCE

This program is designed for use with students in grades 3-6. Tailor the activities to suit your students' needs and abilities.

PROGRAM OBJECTIVES

- To educate students on the importance of consuming grain foods, particularly whole grains, on a daily basis.
- To encourage the connection between making healthy food choices and keeping and maintaining physical health.
- To foster communication between students and their families about healthy lifestyles.
- To help students understand the role grains play in the USDA's MyPlate guidelines for good health (www.choosemyplate.gov).

PROGRAM COMPONENTS

- This one-page teacher's guide.
- Three reproducible student activity sheets.
- Two wall posters for display in your classroom. To print copies for students, go to www.gowiththegrain.org for a PDF of the program.
- A digital whiteboard activity, available at www.ymiclassroom.com/growingwithgrains.html.
- A reply card for your comments, or comment online at www.ymiclassroom.com/feedback/growingwithgrains.html.

HOW TO USE THIS PROGRAM

Photocopy the teacher's guide and student activity sheets before displaying the wall poster in your classroom. Then, distribute copies of the activity sheets to your students. The digital whiteboard activity requires classroom computer access, or students can complete this activity on their own computers at home. Please visit www.ymiclassroom.com/growingwithgrains.html to review the program's alignment with National and Common Core standards.

HOW TO USE THE WALL POSTER

Review the poster to launch the program and to help students complete Activity 3. Encourage students to add photos of grain food products from grocery fliers in addition to listing their own choices.

Activity 1: WHAT ARE GRAINS?

This activity introduces some basic facts about grains and challenges students to find grain foods in a word search puzzle.

Answers

Part A:

- 1-food,
- 2-wheat,
- 3-kernel,
- 4-whole,
- 5-ground.

Rise to the Challenge! Have students take their lists of grain-based foods home to poll family members about their top three favorites. Create a class graph of Favorite Grains and help students determine which represent whole grains. Encourage students to bring in grain foods from home to share with classmates.

Part B:

B O H O T D O G B U N A F E
B O A A L L I T R O T E S I
R S E K A L F N E O C C B D
A S G R O X M U A G U I R I
N L P A S T A L D E R R E N
M E N G L I S H M U F F I N
U Z P J K Z N K A O G H L E
F T N Q T R V S T Q R C A R
F E R E L P P E I U I L E R
I R R A N R U V P W T W R O
N P Z C O U S C O U S P E L
N U B R E G R U B M A H C L

Activity 2: GRAIN GOODNESS

In this activity, students unscramble words to learn about the health benefits of different grains, then research the nutrients in grain foods at home with a parent.

Part A: *Answers*—grains, rice, wheat, popcorn, rye, heart, fiber, digest, macaroni, bagels, bread, nutrients, cuts, muscles.

Part B: Review the nutrition label with students, then have them complete this section at home with parents and return it to school. Use the completed labels for comparisons, such as: percentages of nutrients per food item, percentages of fiber per item, etc.

Rise to the Challenge! Ask students to inventory their stockpile of grain-based items at home with parents, and invite them to select a new family choice to enjoy together.

Activity 3: ON THE MENU

Review and use the MyPlate information to help students determine healthy choices for their favorite meal by writing them on the blank lines under the food group ideas. Have students share menus, then take the sheet home to record their grain intake with parents. For mixed-foods menus, go to www.choosemyplate.gov/downloads/MixedDishes.pdf.

Digital Whiteboard Activity: TO YOUR HEALTH

This interactive game (available at www.ymiclassroom.com/growingwithgrains.html) challenges students to match different grains with their special health benefits. Students can enjoy the game on any Flash-friendly digital whiteboard or mobile device, or on their computers at home.

WHAT are GRAINS?

PART A: Have you heard someone say, “You are what you eat”? It’s true! So to be at your best, you need great fuel. Grains provide that fuel. See how much you know about the grains that make up some of your favorite foods. Use the words in the list below to complete the sentences.

WORD CHOICES:

whole, kernel, ground, food, wheat

1. Grains are the seeds or fruit of various crops used as .
2. Grains grown in the United States include , oats, rice, and corn.
3. A grain seed, or , is made up of three important parts: the bran, the germ, and the endosperm.
4. Foods made with grains include the entire kernel with all its three parts.
5. Whole grains can be eaten whole, cracked, split, or . They can be milled into flour or used to make breads, cereals, and other foods.

PART B: From creamy oatmeal to hearty pasta, grains can be a delicious part of your day. Complete the word search below to find more foods to help you grow with grains!

WORD SEARCH LIST:

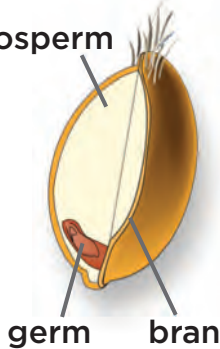
bran muffin, cereal, couscous, grits, pasta, pita, pretzels, rice, bread, tortilla, English muffin, hot dog bun, hamburger bun, dinner roll

B O H O T D O G B U N A F E
 B O A A L L I T R O T E S I
 R S E K A L F N E O C C B D
 A S G R O X M U A G U I R I
 N L P A S T A L D E R R E N
 M E N G L I S H M U F F I N
 U Z P J K Z N K A O G H L E
 F T N Q T R V S T Q R C A R
 F E R E L P P E I U I L E R
 I R R A N R U V P W T W R O
 N P Z C O U S C O U S P E L
 N U B R E G R U B M A H C L

GOOD GRAINS!

The grains in white bread and plain pasta don’t include the bran and the germ from the kernel. Vitamins and minerals are added back to the product to make them enriched so you still receive plenty of nutritional benefits from eating them. Whole grain foods keep all parts of the kernel, so your body gets the fiber and full nutrition of the grain. Depending on your age and gender, you should eat 5-6 one-ounce servings of grains each day and half of those servings should come from whole grains to give your body the energy it needs to rise and shine all day long!

endosperm



Rise to the Challenge!

Follow your teacher’s directions to name as many additional grain-based foods as possible. Write the names of the foods on the back of this paper. Use your food lists to poll your family members about their favorite grains.



Learn more about the goodness of grains online at www.gowiththegrain.org.



GRAIN GOODNESS

PART A: You already know about whole grains and enriched grains. But how much do you know about the benefits of eating all kinds of grains? Read the sentences below and unscramble the words to learn more.

There are two types of —whole grains and enriched grains. A healthy diet includes some of both.

Whole grain food products like wild , whole pasta, , and

bread are packed with complex carbohydrates that keep your healthy so you can play longer and stronger.

They are also full of , to help your stomach food and help you feel full longer. **Enriched**

grain foods like white , plain , and white provide added such as B vitamins and minerals

that help your blood cells stay healthy, help heal and wounds, and help keep your moving.

Grain foods give your body fuel to get you through the day. The iron in grain foods also helps carry oxygen from your lungs to the rest of your body, which keeps you powered up for school, sports, and fun. Now that's a lot of grain to grow on!



Learn more about the goodness of grains online at www.gowiththegrain.org.

PART B: Nutrition labels help us make informed decisions about the food products we buy and how they contribute to a healthy diet. All nutrition labels identify nutrients found in each serving of that food. Complete this nutrition label activity together with your parents at home!

- Choose a grain food in your kitchen—a loaf of bread, box of cereal or pasta, etc.
- Record the Nutrition Facts listed on the product on the blank label shown below.
- Return the completed sheet to school.

Nutrition Facts

Serving Size _____	
Servings Per Container _____	
Amount Per Serving	
Calories _____	Fat Calories _____
	% Daily Value*
Total Fat _____	%
Saturated Fat _____	%
Trans Fat _____	%
Cholesterol _____	%
Sodium _____	%
Total Carbohydrates _____	%
Dietary Fiber _____	%
Sugars _____	%
Protein _____	%
Vitamin A _____	%
Vitamin C _____	%
Calcium _____	%
Iron _____	%

*Percent Daily Values are based on a 2,000 calorie diet.



Rise to the Challenge!

Take an inventory of the types of grains you have in your cupboards. Decide as a family what new grains you might try. For example, barley, couscous, quinoa—even a sandwich with pumpernickel or rye bread—could be a great eating adventure! Learn about more options by visiting www.gowiththegrain.org.



ON the MENU

MyPlate is the new nutrition guide from the U.S. Department of Agriculture (USDA). MyPlate shows the food groups and portion sizes you need to make your plate a healthy one.



Rise to the Challenge!



Use the MyPlate guidelines to start filling in a plate of your own for your favorite meal of the day. List your food choices on the lines under each of the food groups below at left. Make sure you include one or two servings of grain foods.

MYPLATE FOOD GROUP IDEAS

Grains

- ½ cup cooked pasta
 - ½ cup cooked oatmeal
 - 1 slice of bread
 - 1 flour tortilla
- _____
- _____

Dairy

- ⅓ cup shredded cheese
 - 8 oz. lowfat milk
 - ½ cup frozen yogurt
 - ½ cup chocolate pudding
- _____
- _____

Fruits

- ½ cup sliced strawberries
 - 1 small apple
 - ⅓ cup raisins
 - ½ cup sliced banana
- _____
- _____

Protein

- 1 Tb. peanut butter
 - 3 slices thinly sliced ham
 - 1 oz. cooked chicken
 - ⅓ cup black beans
- _____
- _____

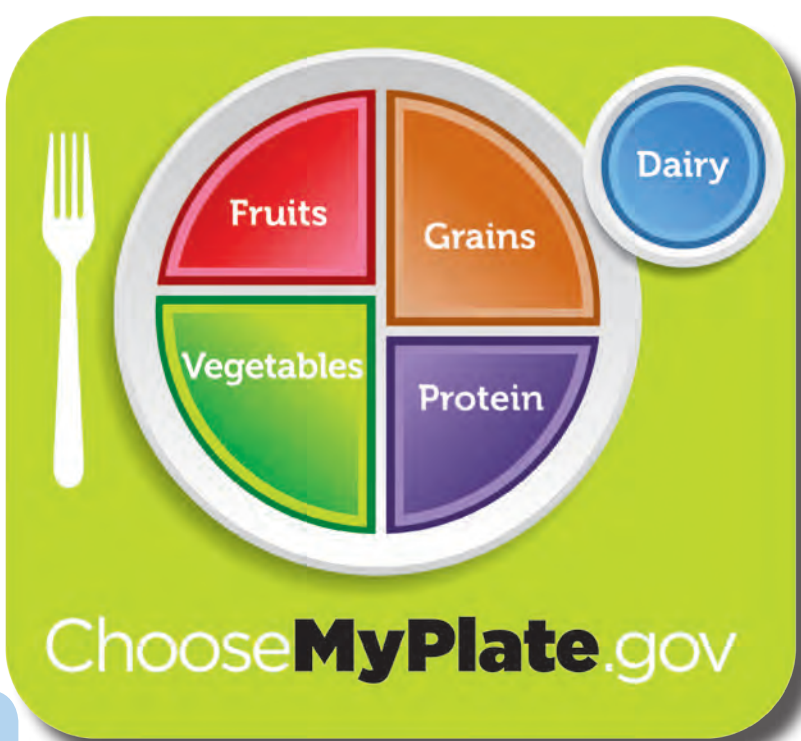
Veggies

- ½ cup cooked broccoli
 - 1 cup raw baby carrots
 - ½ baked sweet potato
 - ½ cup corn
- _____
- _____



Learn more about the goodness of grains online at www.gowiththegrain.org.

My favorite Meal:



Dear Parents and Caregivers,

Depending on your child's age and gender, the USDA recommends children consume 5-6 one-ounce servings of grains each day, including half from whole grains. Is your child getting enough? To find out, use the space at right to track the grains your child eats for a day, then place a star next to the whole-grain choices. Were half of them whole? Visit www.gowiththegrain.org for ideas on helping your child enjoy a healthy and balanced diet that includes a variety of grain foods.



GROWING with GRAINS



Grain Up with These Food Choices!



TOAST



POPCORN



CEREAL



WAFFLES



BAGEL



PRETZELS



BARLEY SOUP



TORTILLAS



CRACKERS



OATMEAL



SANDWICH



PASTA

Write more choices here!



Learn more about the goodness of grains online at www.gowiththegrain.org.

Put Grains on your Plate!

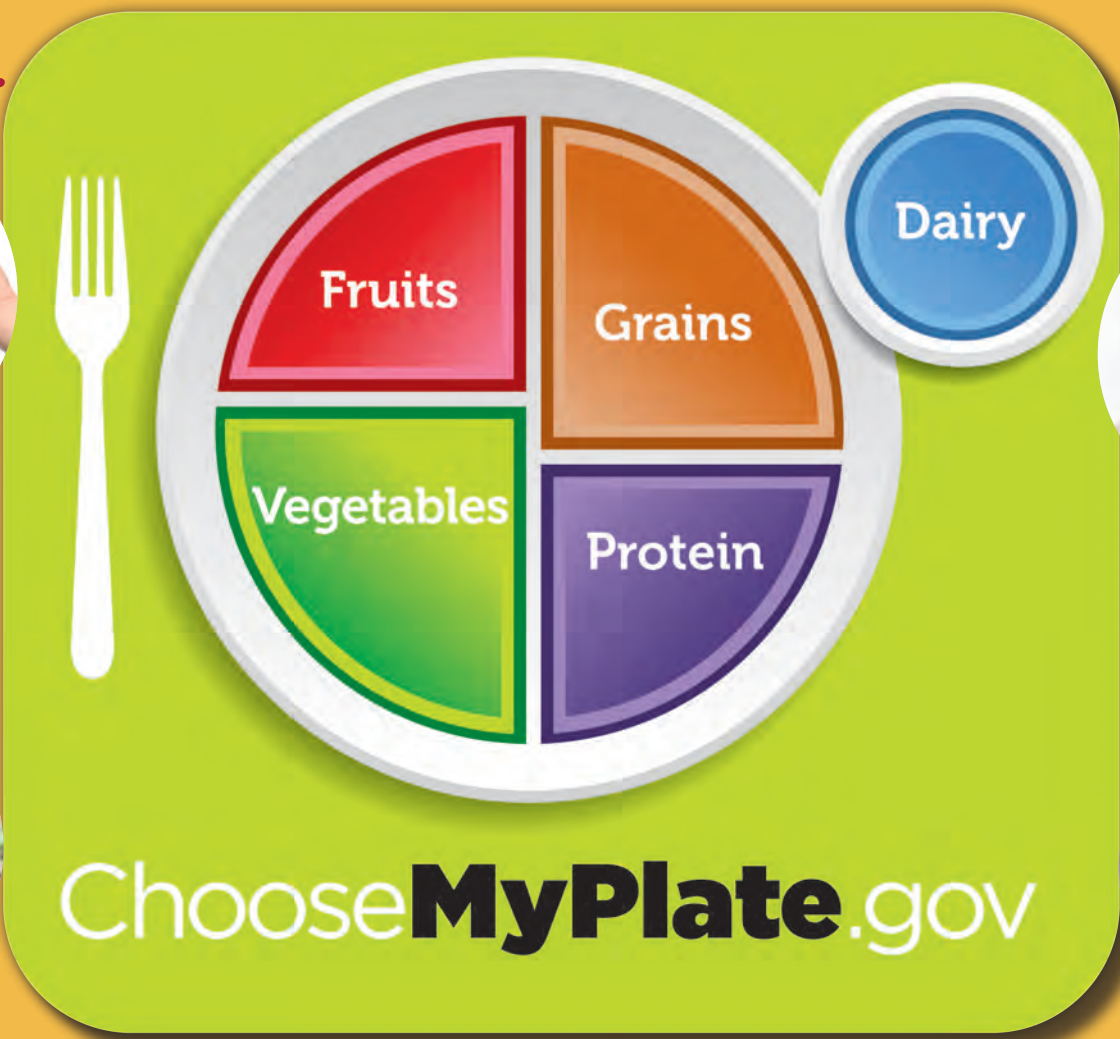


Make half your grains whole.

Focus on your fruit.



Vary your veggies.



Get your calcium-rich foods.



Go lean with protein.



Grains: Great for Growth!

KEEPS YOUR HEART HEALTHY FROM DISEASE.

HELPS MUSCLES GROW STRONG.

HELPS YOUR STOMACH DIGEST FOOD PROPERLY.

HELPS CONTROL HUNGER TO KEEP YOU FULLER LONGER.

GIVES ENERGY TO FUEL YOUR BODY ALL DAY LONG.



© 2014 YMI, Inc.



WITH THE GOOD NUTRITION OF BREAD

The bread you love provides you with essential nutrients you need, like B vitamins and iron.
For more information, visit gowiththegrain.org