Grains Group
Kindergarten-1st Grade

GOAL
Students will learn what foods are in the grains group and will recognize the healthier choices in the grains group.

OBJECTIVES
1. Students will name at least two foods found in the grains group.
2. Students will state that the grains group foods give our bodies energy.

NC EDUCATION AND HEALTHY LIVING STANDARDS
K.NPA.1.1 Classify foods by groups in MyPlate.
K.NPA.2.1 Recognize nutrient-dense foods in a list of foods that are culturally diverse.
1.NPA.1 Understand MyPlate as a tool for selecting nutritious foods.
1.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

ESTIMATED TIME FRAME: 30 minutes

MATERIALS NEEDED
- Grains PowerPoint presentation
- Parent handouts: Today in Nutrition class...Grains (English/Spanish), Recipe (if applicable)
- Educational Incentive
- Taste test food & supplies

INTRODUCTION/REVIEW
Today we are going to talk all about the Grains Group, but before we do that, let’s review what we talked about last time I was here. [Optional: Quick Quiz questions from previous lesson]

I gave you a challenge last time I was here. Does anyone remember what it was? Does anyone want to share how they did with the challenge?

MIND GRABBER
It is important to eat foods from all 5 food groups everyday so that our bodies get all the nutrients it needs to grow and be strong. Today we are going to meet Jane Grain and learn all about the Grains Group.

Before we learn about the Grains Group, let’s get some energy out. Everyone stand up.

- Jump rope for 10 seconds
- Run in place for 10 seconds
- 15 jumping jacks

Today we are going to talk about the food group that gives our bodies energy to everything we want to!

DISCUSSION
Meet Jane Grain! She’s here to remind us of foods that are found in the grains group. Let’s take a closer look at Jane Grain. As you can see, she is made up of foods from the grains group. She is here to remind us of foods found in the grains group.
• What is her hair made of? *Spaghetti and bow tie pasta*
• Body? *Bread*
• Feet? *Crackers & popcorn*
• Nose? *A Cheerio*
• What is she holding? *Rice*

Let’s take a look at some other foods in the grains group. If you see a food you like, give me a thumbs up, if you see a food you don’t like, give me a thumbs down, and if you’ve never tried the food, give me a thumbs in the middle. Get your thumbs ready! And remember this is a quiet game – our thumbs are doing the talking for us! [Show various pictures of foods in the grains group.]

**Grains Give our Bodies Energy**
The grains group is the orange group on MyPlate. Why are foods in the Grains group so important for our bodies? Repeat after me to find out!

When I eat...  
foods from...  
the Grains group...  
I give my body...  
ENERGY...  
to move and play.

It is important to eat foods from the grains group everyday because they are loaded with ENERGY! We need energy for our bodies to run, jump, play, to think and to move throughout the day. Let’s think about more ways we use energy. What things do you do that use energy?

• What are some ways you use energy when you play?
• What are some of the ways you use energy in school?
• What are some of the ways you use energy at home?

**Grains are Seeds**
Did you know that grains are seeds? That means, when we are eating foods from the grains group, we are actually eating seeds that come from plants! Not just any plant, tall grassy plants like oats, rice, barley, corn and wheat. [For each grain point out pictures of the plant and then the seed from the plant.]

Sometimes we eat these foods as seeds – we just cook them and they are ready to eat!

• We cook the oat seed and make oatmeal cereal.
• We cook the rice seed and we make a bowl of rice that we can eat by itself or with beans, meats & veggies.
• We cook the corn seed, it pops open from the heat, and we get popcorn.

Many of the grains group foods you and I eat no longer look like the seeds of the plants. We take those seeds and make them into the breads, cereals, rolls, muffins and crackers that you and I eat.

• We use the corn seed to make foods like: corn flakes cereal, cornbread, corn chips, and corn tortillas.
• We use the wheat seed to make foods like: breads, waffles, crackers, muffins, and noodles.

How do we make grain foods such as bread from the seeds of the grain plants? Let’s read the story of the Little Red Hen to discover how. [Read the Little Red Hen by Byron Barton]

Now that we finished reading, let’s answer some questions about the book:
• What did the Little Red Hen and her chicks find on the ground?
• What did they do with the wheat seeds (grains)?
• Once the wheat was golden brown and ready to be picked what did the Little Red Hen and her chicks do?
• What did they have to do to the grains of wheat before they could make the bread?
• Did the Little Red Hen have to add anything to the flour to make the bread?
• Why do you think the Little Red Hen had to plant the wheat grains she found and grow plants of wheat before making the bread?

Optional Activity 1: Use real pictures of wheat growing, harvesting, grinding, and baking bread to review The Little Red Hen story.

Optional Activity 2: Now we will practice remembering our grains group foods. Using the USDA Discover MyPlate food cards, have students identify and pull out the grain food cards. This can be done as a class or in small groups.

WRAP-UP & REVIEW

Today we learned all about foods in the grains group and why they are so important for our bodies. Let’s take a Quick Quiz to review what we learned.

1. Yes or No? Foods in the grains group give you ENERGY!
   • Yes! Grains give our bodies energy!
2. Yes or No? Cereal is in the GRAINS group.
   • Yes! Cereal is in the GRAINS group. Breakfast cereals can be made from wheat, oats, corn and other grains.
3. Yes or No? Carrots are in the GRAINS group.
   • No! Carrots are very healthy for us, but they are in the vegetable group, not the grains group.

CHALLENGE

My challenge to you is - Tonight, tell someone at home that the foods in the grains group give our bodies ENERGY!!

TASTE TEST IDEAS

1. Popcorn
2. Whole grain cereal taste test
3. Whole grain muffins

ADDITIONAL ACTIVITIES AND RESOURCES

   a. Grains Group English
   b. Grains Group Spanish

2. Popcorn Popping Rhyme: Read poem and have students act out poem as you are reading it.
   Popcorn, popcorn a crunchy snack
   Put it in a bowl or eat it from a sack
   It’s a whole grain food I like a lot
   Let’s put it in the popper and make it hot

   Sizzle, sizzle, sizzle, popcorn walk! (students walk)
Sizzle, sizzle, sizzle, popcorn hop! *(students hop)*
Sizzle, sizzle, sizzle, popcorn skip! *(students skip)*
Sizzle, sizzle, sizzle, popcorn march! *(students march)*

Now the popcorn is getting hot!
All the kernels get down and squat! *(students squat)*
Sizzle, sizzle, sizzle, sizzle, sizzle, sizzle... *(add as many sizzles as you want so students will be surprised when you say “pop”)*
POP!!!! *(students jump up)*

*Adapted from the Go with the Whole Grain Kids Bell Institute of Health and Nutrition*

3. **Grain Group Foods**: Have students act out foods from the grain group.
   - Pop up like bread in a toaster
   - Go limp like a noodle
   - Break like a cracker
   - Pop like popcorn
   - Get flat as a pancake
   - Roll up like a tortilla