

Is There A Whole In Your Grains?

Overview: Children will be introduced to the concept of whole versus refined grains. We will discuss the difference in how these grains are made and how they are used in the body.

Subject area: Nutrition

Grade level: K-5th

Oregon Benchmarks/Common Core Standards:

Grades K-3

- Strand - PROMOTION OF HEALTHY EATING
 - Recognize how healthy eating habits can lead to wellness

Grades 4-5

- Strand - PROMOTION OF HEALTHY EATING
 - Prepare and choose healthy snacks and meals.
 - Explain how healthy eating habits can lead to wellness
 - Use decision-making skills when choosing school breakfast and/or lunch options.

Objectives:

Participants will be able to compare and contrast whole and refined grains.

Prep time: 30 minutes

Lesson time: 15 minutes

Materials needed:

- Whole grains handouts (one per child):
<http://lpi.oregonstate.edu/sites/lpi.oregonstate.edu/files/pdf/hyp/whole-grains.pdf>
- Samples of whole and refined grains divided into small plastic bags

Space needed: Demonstration area with enough room for moderate movement

Staff needed: 1

Presentation Steps:

1. Pass out the whole grain handouts.
2. Discuss how whole grains and refined grains differ.
3. Pass around the samples of refined grains.
4. Ask children if they recognize the items in their bags. Ask what they are called and what they might be used for.
5. Repeat this step with the samples of whole grains.
6. Ask how the whole grains appear different from the refined grains.

7. Explain that the darker color of most of the whole grains is from the seed coat or bran, which is full of fiber. Ask if anyone knows what fiber does in our bodies (i.e. fiber is healthy. It helps us feel full and it keeps our digestive system working well.)
8. Inquire if the students have tried eating whole grains at school or at home. Talk about easy substitutions to get more whole grains, like replacing half of the flour in a recipe with whole wheat flour, or by switching from white bread or rice to whole grain bread or brown rice.