



## TRACKS Extension Lesson

### **Finding Whole Grains**

*Whole Grains and Fiber*

*Grades 9-12*

#### **I. Nutrition Education Objective:**

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, student will know, understand, analyze and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks
2. Eating foods that are high in fiber

Goal 2: Students will apply skills consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, students will be able to:

1. Assess personal health practices

#### **II. Pennsylvania Educational Standards:**

- A. 1.4 Types of Writing
- B. 10.1 Concepts of Health
- C. 10.2 Healthful Living
- D. 11.3 Food Science and Nutrition

#### **III. Outcomes:**

- A. Students will identify grains and whole grain foods
- B. Students will analyzing their diet to see if they are consuming the recommended amounts of grains and whole grains daily

#### **IV. Materials:**

- A. Handout: "Finding Grain and Whole Grain Foods Word Scramble" (1/student)
- B. Handout: "Are You Getting Enough Whole Grains" (1/student)

#### **V. Procedure:**

- A. *Introductory*
  1. Introduction of lesson
  2. Brief background about why whole grains are important: supply vitamins and fiber that is needed for a healthy heart, good digestion, and satiety (stay full longer)
  3. Remind students to eat at least half of all grains as whole grains.
  4. Increase whole-grain intake by replacing refined grains with whole grains.

*B. Developmental:*

1. Distribute a copy of the “Finding Grain and Whole Grain Foods Word Scramble ” handout to each student
2. Distribute a copy of the “Are You Getting Enough Whole Grains” worksheet to students
3. Only a small percentage of all grain foods found in grocery or convenient stores are truly whole grains. Be aware of the different types of whole grain foods that you can eat at home and at school. Choosing whole grain foods requires you to be able to identify and locate these foods at the store or school.
4. Explain that all students need to eat at least half of all grains as whole grains each day; discuss the different types of foods where they can meet this goal.
5. Students should start to think about what they eat in a day and where they can add grains and whole grain foods to their diets.

*C. Concluding:*

1. Review what has been discussed during the lesson. Encourage students to talk about what they’ve learned during the session.



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.

## Finding Grain and Whole Grain Foods Word Scramble

Only a small percentage of all grain foods found in grocery or convenient stores are truly whole grains. Be aware of the different types of whole grain foods that you can eat at home and at school. Choosing whole grain foods requires you to be able to identify and locate these foods at the store or school.

Directions: Unscramble the words below to show the wide variety of grain and whole grain foods that you can choose at the store or school.

1. atllorti
2. pnorpoc
3. deabr
4. nub
5. lorl
6. tiubsic
7. wrobn ierc
8. locd ealrec
9. itap berad
10. oht learce
11. fiumfn
12. liwd ierc
13. legba
14. acckresr

Adapted from: [www.extension.umn.edu](http://www.extension.umn.edu)



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## Answers to Whole Grains Word Scramble

1. tortilla
2. popcorn
3. bread
4. bun
5. roll
6. biscuit
7. brown rice
8. cold cereal
9. pita bread
10. hot cereal
11. muffin
12. wild rice
13. bagel
14. crackers

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## Are You Getting Enough Whole Grains

Directions: Think about all the foods you ate yesterday. Think about what you ate for breakfast, lunch, dinner and snacks. Write in the amount of grain foods that you ate at each meal or snack. Circle all the whole grain foods. How many grain foods did you eat today? Did you get the recommended amount based on MyPlate (6 ounces for a 2000 calorie diet)? How many whole grain foods did you eat today? Did you get the recommended amount (Make at least half your grains whole grains)?

Grain Foods	Breakfast	Lunch	Dinner	Snacks
Cereal (hot or cold)				
Sliced Bread				
Pita Bread				
English Muffin				
Bagel				
Roll/Bun				
Biscuit				
Crackers				
Muffin				
Tortilla/Taco/Wraps				
Pasta (any type)				
Rice (any type)				
Tortilla Chips, baked				
Popcorn, low-fat (popped)				
Other grain foods				
Total				

If you did not get the recommended amount of whole grains a day, write below different ways that you could start to incorporate more whole grains into your day.

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## TRACKS Extension Lesson

### What Stands in Your Way of Getting Whole Grains

*Whole Grains and Fiber*

*Grades 9-12*

#### I. Nutrition Education Objective:

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, student will know, understand, analyze and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks
2. Eating foods that are high in fiber

Goal 2: Students will apply skills consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, students will be able to:

1. Develop a goal to adopt, maintain, or improve a personal health practice

#### I. Pennsylvania Educational Standards:

- A. 1.4 Types of Writing
- B. 10.1 Concepts of Health
- C. 10.2 Healthful Living
- D. 11.3 Food Science and Nutrition

#### II. Outcomes:

- A. Students will identify foods that are whole grains.
- B. Students will show they can increase the amount of whole grains in their diet

#### III. Materials:

- A. Handout: *"Make at Least Half Your Grains Whole"* (1/student)

#### IV. Procedure:

##### A. *Introductory*

1. Introduction of lesson
2. Brief discussion about why whole grains are important: supplies vitamins and fiber that is needed for a healthy heart, good digestion, and satiety (stay full longer)
3. Remind students to try to make at least half their grains whole grains

##### B. *Developmental:*

1. Distribute a copy of the *"Make at Least Half Your Grains Whole"* worksheet to students
2. Explain that students should try to make at least half of their grains whole grains.

3. Discuss the different types of foods that contain whole grains.
4. Explain to students that setting goals are important when we want to make changes in our lives. Setting goals to incorporate more whole grains in our diet is important so that we can live a healthy life.
5. After students complete goal setting activity have a few students talk about their goals and the ways in which they will accomplish these.

C. *Concluding:*

1. Review what has been discussed during the lesson. Encourage students to talk about what they've learned during the session.



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## Make at Least Half Your Grains Whole

Directions: Think about how many whole grains you ate today. Did you eat the recommended amount? If not, think about a goal you would like to set for yourself to help you eat at least half your grains as whole grains. Here are some examples to get you started, or you can come up with your own goal.

Examples:

- I will try one new whole grain product this week at home.
- I will try one new whole grain product this week at school.
- I will eat a whole grain food for a snack after school two days this week.
- I will eat whole grain cereal for breakfast two days this week.

Write your goal here:

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Now ask yourself the following questions:

- ✓ Is my goal realistic? Is this something I can do this week?
- ✓ How can I plan to meet my goal? What are the steps involved?
- ✓ How am I going to deal with problems that may keep me from meeting my goal?
- ✓ Who can I ask to help me meet my goal?

Write down some ideas that will help you answer the above questions:

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## TRACKS Extension Lesson

### Using the Label to Find Whole Grains

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*Grades 9-12*

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Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, student will know, understand, analyze and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks
2. Eating foods that are high in fiber

#### II. Pennsylvania Educational Standards:

- A. 1.2 Reading Critically in All Content Areas
- B. 10.1 Concepts of Health
- C. 10.2 Healthful Living
- D. 11.3 Food Science and Nutrition

#### III. Outcomes:

- A. Students will analyze food labels to determine which foods contain whole grains
- B. Students will explain the importance of eating half of your grains as whole grains

#### IV. Materials:

- A. Handout: *"Using the Label to Find Whole Grains"* (1/student)
- B. Food packages/nutrition facts label from various grain food items

#### V. Procedure:

##### A. *Introductory*

1. Introduction of lesson
2. Brief background about why whole grains are important: supply vitamins and fiber that is needed for a healthy heart, good digestion, and satiety (stay full longer)
3. Remind students that they need to eat at least half of all grains as whole grains and increase whole-grain intake by replacing refined grains with whole grains each day

##### B. *Developmental:*

1. Distribute a copy of the *"Using the Label to Find Whole Grains"* handout to each student.
2. Food labels and ingredient lists can give you a lot of nutrition information if you know what to look for.

3. The less ingredients in the list the less processed the food will be. If a food item is a whole grain food, whole grain should be one of the first ingredients. Also look for the whole grain stamp on the package.
4. Nutrition labels can be found on all food packages. The labels let you know what nutrients this food provides. Also, the amounts are located next to each nutrient.
5. The amount of each nutrient is based on the standard serving size of this particular food.
6. To find out what the serving size is, look at the very top of the label.

C. *Concluding:*


1. Review what has been discussed during the lesson. Encourage students to talk about what they've learned during the session.



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## Using the Label to Find Whole Grains

Directions: Have students bring in food packages/ nutrition fact labels from various grain products such as cereals, potato chips, crackers, bread, or other snack foods. For each label, fill in the table with the following information: product name, serving size, whole grain symbol, and the first ingredient in the ingredient list. Then indicate if you think the product is a whole grain food. Students should share their labels with others.

Product Name	Serving Size	Whole grain symbol (yes,no)		First ingredient	Is this a whole grain food? (yes, no, don't know)

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