



LESSON 1
THE "EAT MORE" GROUPS - GRAINS, FRUITS AND VEGETABLES
STUDENT ACTIVITY SHEET



GRAINS

FUEL YOUR BODY



GRAIN FACTS

- Grains contain carbohydrates, the major source of energy for both your brain and your body. Grains provide the fuel for physical activity so more servings are needed when you are active in sports, exercise and play.
- Whole grains have more nutrition than refined grains. A whole grain includes the entire grain seed or kernel. Refined grains have the outer covering (bran) and germ removed. Because refining results in nutrient loss, grains are frequently enriched by adding back iron and four of the B vitamins (niacin, thiamin, riboflavin and folic acid).
- Kids between the ages of 10-14 need about five to eight servings of grains each day. A serving is considered one ounce, which is equivalent to 1 small slice of bread, a 6-inch tortilla, 1 cup dry cereal or ½ cup of cooked grains such as rice, pasta or oatmeal. At least half of the grains eaten should be in their whole form.

1 Answer the following questions.

- You are looking for pancake mix in the store and the first and main ingredient is enriched flour. Is this product a whole grain? _____
- TRUE or FALSE?** You can usually tell if a grain is a whole grain just by looking at the color. If it's darker in color, it is probably a whole grain.
- Compare the labels on the photo cards for quinoa and white rice. For a one cup serving, which grain has more protein _____? Which one has more fiber _____?
- If a student is extra active in sports, he or she may need (circle one) **MORE** or **FEWER** servings of grains each day.

3 The list below includes action steps for eating more whole grains. Check one or more action that you would be willing to work on. You can also come up with your own idea.

- Make a sandwich with 100% whole wheat bread.
- Eat popcorn for a snack.
- Choose a breakfast cereal with a whole grain stamp on the package.
- Choose brown rice instead of white rice in a burrito bowl.
- My idea for including more whole grains in my diet (describe):

2 Circle the following grains that are whole grains. If you need help, refer to the grain cards on the table.

- | | |
|-------------------|--------------------|
| Oatmeal | Corn flakes |
| Brown rice | Pancakes |
| Tortilla | Whole wheat flakes |
| Popcorn | White rice |
| Whole wheat bread | White corn bread |

Complete the "Use Your Brain To Find Whole Grains" worksheet at home. It's an added delicious bonus if you bake the whole grain blueberry muffins with your family.

