Go With the Grains!

The amazing grains:
Say: Welcome to the grain station. Can someone name me a food made from grains? Answer: cereal, bread, bagel or muffin, etc.

Say: Most of our diets should be plant foods or grains. There are many different types of grains. Students your age should have about 6 servings of grains per day and half of them should be whole grains.

Say: A serving size of grain would be 1 slice of bread or ½ cup cooked rice, pasta or cereal.

Say: Can someone name a type of grain? Answer: wheat, corn, barley, oats, etc. Show the children the jars of grains and have them read the grains labels with you.

Do: Show the students the potted wheat and the wheat stalk.

Say: This is what wheat (or other grains) looks like when it is first planted and this is what it looks like when it is ready to be harvested. Seeds are planted in the ground, and there are 3 things required for them to grow. Can you name me the 3 things that the seeds need to grow. Answer: sun, soil nutrients and water.

The Kernel:
Do: Point to the Kernel Poster.

Say: The Kernel is made up of 3 parts: the Germ, Bran and Endosperm. The whole grain products are made from the entire Kernel.

Do: Remove Bran and Germ sticker from the kernel poster. (Have youth volunteers to help)

Say: White or refined products are made only from Endosperm. These products will have some vitamins added back into them (and they are labeled as enriched) but they are missing the bran and the germ which contains something very important for our diet. That item is Fiber. Show whole wheat bread and white bread to show the difference between them.

The Digestive System and Fiber:
Do: Ask for 2 volunteers. Pick up the digestive system model and have 1 volunteer hold the front of the model (teeth and milk bottle) and have the 2nd volunteer hold the end of the model.

Say: Do you know what system in the body this model might represent? Answer: digestive system

Say: This represents the digestive system. When we eat something we chew with our teeth, and then the food goes down our esophagus, and into our stomach and to the intestine and then the waste is eliminated.
Do: Point out the intestine part of the model also refer to the digestive system poster to indicate where the intensities are located.

Say: Does anyone know what part of the digestive system this might represent? Answer: Intestines.

Say: This represents the small intestine, which is around 20 feet long and the large intestine, which is around 5 feet. Food and waste have to travel all through these intestines and that is a long way to go. The reason fiber is so important for our diet is that it helps to move the food and waste through our intestines.

Say: How do we know if a product has whole grain in it? Answer: We have to read the food label.

Do: Ask for 2 volunteers. Hand each volunteer a food package.

Say: Now I want you to read the label and tell me if your product is a whole grain product.

Say: The way to tell if a product is whole wheat or whole grain is to look for the first ingredient in the food label. If it says 100% whole wheat or 100% whole grain then it is a whole grain product.

Do: How do we know if a product is made from grain/grains? Hand food/nonfood products and ask volunteers to help you place them against the grains they are made from.