

OUTSIDE ACTIVITIES

Grades K-2 & 3-5

The Whole Grain Heroes in Action

Preparation: None

Equipment: None

Space: Classroom or outside

Directions:

1. Tell students to stand while you read the story out loud.
2. Write the following on the board (or handout on sheets of paper, if outside):
Whole wheat – run in place (5 seconds)
Brown rice -- three jumping jacks
Oat(meal) – jump three times
Corn – three big arm circles
Barley – march in place (5 seconds)
3. Explain to the students that you will read a story about the Whole Grain Heroes. Every time the words on the board are said they will do the action listed. For example, when they hear “whole wheat” in the story they will run in place for five seconds.
4. Remind them that they will have to listen carefully.
5. Read the story and allow time for the actions.

Variations:

- 1) Choose different actions to go with the whole grains.
- 2) Have students write their own short stories involving the Whole Grain Heroes and physical activity and read them to the class.



The Whole Grain Heroes in Action, page 2

The Whole Grain Heroes and the Case of the Missing Foods

One day Grain Boy and Grain Girl, the Whole Grain Heroes, were on their way to a school to tell the children there about why whole grains, like **whole wheat** and **brown rice**, are the heroes of the grain group. Outside the school on a field was a classroom of children playing a running game. A boy was sitting on the side of the field looking very sad and tired.

"What's the matter?" Grain Girl asked him.

"I don't have any energy and I'm not having any fun!" said the boy.

"No energy?" Grain Boy said, "Well, did you have breakfast this morning?"

"I did," answered the boy, "at least I tried to, but something strange happened. I made myself a piece of **whole wheat** toast, I put peanut butter on it and put it on the table. I turned around to get some milk and it was gone! So then I made some **oatmeal** and when I turned around to get a spoon it was gone, too! By then it was too late to make anything else and I ran to catch the school bus. I don't know what happened to my **whole wheat** toast or my **oatmeal**!"

"No wonder you don't have any energy!" Grain Girl said. You didn't have any breakfast! And **whole wheat** toast and **oatmeal** were great foods to eat for breakfast. They would have given you the energy you need right now."

Grain Boy said, "I do happen to have a peanut butter and jelly sandwich on **whole wheat** bread in my pocket – would you like it?"

"Sure," the boy said, taking the sandwich. "Thanks!"

The Whole Grain Heroes walked into the school and into the lunchroom. To their surprise the children there looked very unhappy. "What's going on?" Grain Girl asked a teacher, "These children look sadder than an **oatmeal** cookie without raisins!"

"It's the Whole Grain heroes!" the teacher said. "I'm sure you can help us! Many of the children are missing parts of their lunch!"

The children chimed in, "I'm missing my **brown rice**!"

"I'm missing my tuna sandwich on **whole wheat** bread!"

"I'm missing my vegetable **barley** soup!"

"I'm missing my **cornbread**!"

"I'm missing my **oat** and honey granola bar!"

"This is terrible!" Grain Boy said. "It's bad enough that all those foods are missing, but now those kids won't get the vitamins and energy from whole grain foods in their lunch!"

"There's something strange going on, here," Grain Girl said. "All of the foods that are missing, like vegetable **barley** soup and **cornbread** and an **oat** and honey granola bar are made with whole grains!"



The Whole Grain Heroes in Action, page 3

"And," Grain Boy said, "the **whole wheat** toast and the **oatmeal** that the boy outside had for breakfast were made from whole grains, too! I think we'd better have a look around."

Grain Boy and Grain Girl searched the school but couldn't find any sign of the missing whole grain foods, not even a crumb of **cornbread**! They were just about to search outside when they saw someone suspicious leaving the lunchroom. It looked like a lunch lady, but she was carrying two large shopping bags. "Who is that?" Grain Girl asked the teacher.

"That's Mrs. McGrainy," our new lunch lady. She just started today, the teacher answered.

"Hmmm," Grain Boy said "Let's use our eye masks to see what's inside those bags." Sure enough, they looked through the bags with their eye masks and saw whole wheat sandwiches, **cornbread**, **brown rice**, vegetable **barley** soup, **oat** and honey granola bars, **whole wheat** toast, **oatmeal** and more.

"That's no lunch lady!" Grain Girl said. "That's the Grain Grabber! The Grain Grabber is famous for stealing whole grain foods! C'mon kids, let's stop that thief!"

Grain Girl and Grain Boy and all the children made a big circle around the Grain Grabber and said they wanted their foods back.

"I can't help it!" said the Grain Grabber sadly. "I love whole grain foods, like **whole wheat** bread and **brown rice**. They taste so good and they give me energy!"

"I've got an idea," said Grain Boy, giving the children their food back. "Why don't you start your own restaurant? You could serve foods made with whole grains and then you could have them to eat yourself!"

"That's a great idea!" the Grain Grabber said. "Do you think people would come to my restaurant?"

"We would!" the children shouted, "Because we love whole grain foods!"

"Well," the Grain Grabber said, "I do know how to make great **oatmeal** apple muffins and **whole wheat** pasta and I have a great recipe for tacos with **corn** taco shells and I make great **whole wheat** blueberry pancakes!"

"Sounds like a plan!" the Whole Grain Heroes said. "The Grain Grabber is turning into the Grain Giver!"

In just a few weeks the Grain Grabber opened a restaurant and it was a great success. People came from all over to have **whole wheat** blueberry pancakes, **oatmeal** apple muffins and delicious **corn** tacos. Grain Girl and Grain Boy go there often and the Grain Grabber always gives them a special whole grain treat.

