



Leader Guide

INTRODUCTION TO GO WITH THE WHOLE GRAIN FOR KIDS™

Go With the Whole Grain for Kids was developed by the health professionals at the General Mills Bell Institute of Health and Nutrition* as a lively way to help children learn about the benefits of whole grains and how they can incorporate whole grains into their daily food intake.

The fun and engaging curriculum includes a program designed for children in grades kindergarten through second grade and a more in-depth version for children in grades three through five to help you meet the learning needs of your students.

**Please note: General Mills Bell Institute of Health and Nutrition is providing this resource as a nutrition education tool. We request that you please refrain from promoting General Mills Corporation or its products with children or parents as you utilize this resource.*

Objectives of the programs:

Kindergarten, first and second grade students will be able to:

K-2

- 1 Identify grains and where they come from.
- 2 Identify foods made from grains.
- 3 Identify foods made from whole grains.
- 4 Identify the difference between refined flour and whole grain flour.
- 5 Identify the benefits of eating whole grain foods.
- 6 Make whole grain food choices.

Third, fourth and fifth grade students will be able to:

3-5

- 1 Identify grains and where they come from.
- 2 Identify foods made from grains.
- 3 Identify foods made from whole grains.
- 4 Identify the difference between refined flour and whole grain flour.
- 5 Identify the benefits of eating whole grain foods.
- 6 Make whole grain food choices.
- 7 Read labels and packages to identify foods made with whole grains.
- 8 Set a goal to eat more whole grain foods.

All materials for the *Go With the Whole Grain for Kids* curriculum can be found on the General Mills Bell Institute of Health and Nutrition website at www.bellinstitute.com/wholegrainkids.

Program components:

Slide Program

This colorful slide program is a great way to introduce the topic of whole grains to your students. There is a slide program for both younger and older students: each is on the General Mills Bell Institute website and includes a script for each slide to be read by the teacher or leader. If an LCD projector is not available at your location, the slides can be printed out and held up while the story is being read. As an alternative activity, educators can involve the students by assigning reading parts or asking students to hold up the slides as the story is being read.



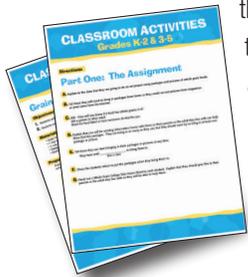
USING THE MATERIALS

In this program, the students will be introduced to Grain Boy and Grain Girl, the energetic Whole Grain Heroes, who explain what whole grains are, the benefits of eating whole grains, how to identify whole grain foods and how many servings of whole grains are recommended each day. Through an engaging story and visually appealing artwork, the Whole Grain Heroes help students understand why whole grains are considered the “heroes” of the grain group.



Classroom Activities

The educational and entertaining classroom activities are designed for younger and older students. These include games, art activities and problem solving to help students identify whole grain foods and how they can add them to their daily diet. Students will have the opportunity to look at how many whole grain foods they are currently eating, and older students will set a goal to eat at least three servings of whole grain foods every day. There is a brief letter to the parents/caregivers asking them to help students bring in labels and packages from whole grain food items to be used in a class collage.



Fitness Activities

There are fitness activities for both classroom and outdoor or gym settings. These creative activities help emphasize the curriculum message that whole grains provide energy to be active and play. The classroom fitness activities can be used as stretch breaks or with the other curriculum activities. They can be done with students standing next to their desks and include games, calisthenics and relay races. The outdoor or gym games and the classroom fitness activities incorporate movement with content about whole grains and encourage participation in physical activities.

White Board Activity

There is an interactive White Board activity included in the curriculum to bring the program to life in the classroom. The activity allows for more engaging discussion with older students about the benefits of whole grains and how to identify them. For example, the activity will take students through a series of visual multiple-choice challenges in which they need to select the whole

grain food and drag it onto the MyPlate icon. For classrooms that do not have White Board technology, these slides can be printed or shared on an overhead projector.

Using the *Go With the Whole Grain for Kids™* Materials

The *Go With the Whole Grain for Kids* activities can fit easily into a nutrition or health unit. The activities could be used to highlight a discussion of MyPlate (for more information, visit www.choosemyplate.gov) or enhance a unit about maintaining a healthy body. The classroom fitness activities make good stretch breaks that reinforce the nutrition message, and the outdoor/gym activities can be performed at recess or added to physical activity classes. All of the fitness activities can be used throughout the school year as a reminder to keep eating whole grain foods as part of a healthy diet.



Sample Lesson Plan for Grades K–2

Monday:	Go through Slide Program Stretch Break: Getting Strong with Grain Girl and Grain Boy
Tuesday:	Grain Chain Activity
Wednesday:	Recess: Grain Tag
Thursday:	Grain Tracks Activity
Friday:	Grain Tracks Activity Follow-Up Stretch Break: Popcorn Popping

Sample Lesson Plan for Grades 3–5

Monday:	Go through Slide Program Part One: Whole Grain Collage Stretch Break: Getting Strong with Grain Girl and Grain Boy
Tuesday:	Begin Grain Tracks Activity
Wednesday:	Stretch Break: Whole Grain Heroes in Action
Thursday:	Grain Tracks Activity Recess: Grains to the Mill Game
Friday:	Make Whole Grain Collage Grain Tracks: Goal Setting

USING THE MATERIALS



Making Connections with School Food Service

Students will be able to make healthier food choices when nutrition information is integrated into several parts of their day. In addition to classroom and fitness activities, school food service participation in the whole grain nutrition message will help students make healthier food choices. Inform your school food service manager about the *Go With the Whole Grain for Kids* curriculum and how you will be using it in your class. Suggest that food service participate in some of the following ways:

- 1 The food service manager visits the classroom to talk about which foods served in school breakfast and lunch are made with whole grains.
- 2 The food service staff encourages students to take whole grain foods as they are going through the lunch line.
- 3 Whole grain foods are highlighted or marked on the school lunch menu.
- 4 Sampling or taste testing of whole grain foods served in school lunch is held during lunch.
- 5 School food service holds a poster contest for students to create posters advertising whole grain foods. Posters are on display in the lunch room.
- 6 School food service asks students to create ads for whole grain foods that are served in the lunchroom. These could be voiceover ads announced over the PA system or visual ads on posters.

Making Connections with Physical Education Teachers and Specialists

Physical education teachers and specialists are often school spokespeople for healthy eating and exercise. Inform the physical education teachers and specialists in your school that you are teaching the *Go With the Whole Grain for Kids* curriculum in your classroom. Suggest that they support the classroom activities in the following ways:

1. Remind students that whole grains help their bodies grow strong so they can perform the physical activities they enjoy.
2. Remind the students that whole grains give them the energy they need to be active and play sports.
3. Implement some of the *Go With the Whole Grain for Kids* fitness activities in the physical education classes.
4. The physical education teacher visits the classroom to lead some of the fitness activities and reinforces the relationship of eating whole grains to being fit and active.



USING THE MATERIALS

Making Connections with After-School Settings

Because the activities in the *Go with the Whole Grain for Kids* curriculum are fun and hands-on, they can fit well into an after-school program or organized activity group, such as the Scouts or a school club. It is suggested that the slide program be shown first and that both fitness and classroom activities be implemented to reinforce the information. Since an after-school setting or club often allows for more time to be spent on activities and projects, the following activities could be added to the curriculum:



1. Write and act out a play using the Whole Grain Heroes.
2. Make Grain Girl and Grain Boy puppets and put on a puppet show.
3. Teach the information to a younger group of children or lead them in curriculum activities.
4. Make a comic strip using the Whole Grain Heroes.
5. Prepare snacks or cook using whole grains.
6. Create physical activities and games that incorporate whole grain content.
7. Cook a meal at home using whole grains.
8. Go on a grocery store hunt for whole grain food products.



Additional Classroom Activities

The Art of Eating Whole Grains

K-2

Suggested for Grades K–2

Provide a variety of whole grains such as wheat berries, corn, oats, barley and brown rice for students to glue onto paper to make a picture. Before using them for the art project, identify each kind of grain with the students and give examples of the kinds of foods in which they are found.

Whole Grains: A Closer Look

3-5

Suggested for Grades 3–5

Provide a variety of whole grains such as brown rice, wild rice, wheat, oats, barley, corn and quinoa for students to look at using a magnifying glass. Cut the grains in half so students can see the three parts of the grain kernel. They can draw and label each part of the grain kernel. Review the function of each part of the kernel and its nutritional benefits.

Grainstorming

3-5

Suggested for Grades 3–5

Divide the class into teams of 3–4 students. Each team will need a pencil and paper. You will give a topic such as “Whole grain foods you could eat for lunch.” Each team will come up with as many ideas as possible in one minute. After one minute, you will call on a member of each team to report their answers. Teams will get one point for each answer. Because the object of the game is to list as many foods as possible, it is okay to list different varieties of a type of food, for example, the names of different kinds of cereal or different kinds of muffins that are made with whole wheat flour. Choose a different topic and play again. Suggested topics are:

- Whole grain foods you could eat for breakfast
- Whole grain foods you could eat for lunch
- Whole grain foods you could eat for snacks
- Name as many grains as you can
- Name as many foods as you can that are made with oats
- Name foods that taste good with rice
- Name as many sandwiches as you can that would taste good with whole wheat bread

WHOLE GRAIN OVERVIEW

What is a whole grain?

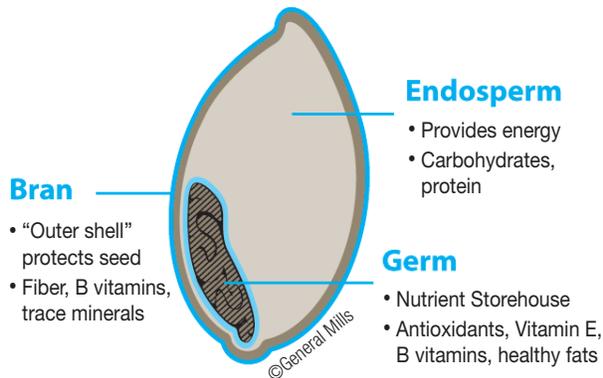
Every grain that grows is a whole grain. This includes wheat, oats, corn, barley, rice and others. When we talk about whole grains we're talking about how much of the grain seed is used in the food we eat. Foods that contain whole grains use the entire grain seed. Each grain seed is made up of three parts:

Bran – the outer shell that protects the seed. It contains fiber, B vitamins and some other minerals.

Endosperm – the middle, starchy part of the grain that provides energy. It contains carbohydrates and protein.

Germ – the inner part that sprouts when the grain seed is planted. It supplies nourishment for the growing seed and contains antioxidants, vitamin E, B vitamins and healthy fats.

What is the difference between whole wheat flour and refined flour?



Whole wheat flour is made with the whole grain and includes the bran, endosperm and germ parts of the grain seed. Refined flour only uses the endosperm portion of the grain seed.

How can you tell which foods are made with whole grains?

- **Look at the ingredient label.** Foods made with whole grain will list a whole grain—such as wheat, corn, oats or rice—near the top of the ingredient list. You'll know it's whole grain if the words “whole” or “whole grain” appear before the grain's name in the ingredient list.

INGREDIENTS: **WHOLE GRAIN OATS** (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, WHEAT STARCH, SUGAR, SALT, OAT FIBER, TRISODIUM PHOSPHATE, CALCIUM CARBONATE, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE)

- **Look for grams of whole grain per serving.** Some food producers list the amount of whole grain per serving on a food's package. This information may be found on the front label or near the Nutrition Facts Panel. Sixteen grams of whole grain is considered a (one-ounce) serving of whole grains. Some products may have more or less per serving, but the goal is to meet the recommended 48 grams of whole grain daily.



- **Look for the Whole Grain Seal.** Some food manufacturers make finding whole grain products easier. They have stamps or seals to help identify products made with whole grain or the number of grams of whole grain the product contains.
- **Take note of the health statement.** This government-authorized statement points out the connection between whole grain foods and health. Whole grain foods that meet certain requirements can carry this message. Look for it on a product's label:

“Diets rich in whole grain foods and plant foods, and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers.”

WHOLE GRAIN OVERVIEW

How many servings of whole grains should we eat every day?

The amount of grains you need each day depends on your age, gender and level of activity. You can see the recommended amounts for different age groups in the following chart. The term “ounce-equivalents” is the word used in the Dietary Guidelines and MyPlate to describe servings of grain foods; a one-ounce equivalent is equal to about one slice of bread, one cup of ready-to-eat cereal or ½ cup of cooked pasta, rice or cooked cereal.

While most Americans eat enough servings of grains each day, few include enough whole grain.

In fact, 95 percent of Americans aren't eating enough whole grain. Most of the population is missing out on the key nutrients provided by whole grain foods. This is why the Dietary Guidelines for Americans and MyPlate recommend everyone “make at least half your grains whole grains.” For most people, including children, this equates to three servings, or 48 grams, of whole grain daily.

The Dietary Guidelines for Americans are the gold standard of nutrition guidance in the United States and the icon MyPlate represents how these guidelines translate at mealtime. The MyPlate icon represents the five primary food groups (Grains, Fruits, Vegetables, Protein and Dairy) and offers suggestions for healthy choices within each group. Its creators developed some simple, easy-to-remember messages to help consumers eat well—such as “make at least half your grains whole grains.”

Whole grains are an important component of a balanced diet because they contain all parts of the grain (the bran, germ and endosperm) which work together to provide vital nutrients that help keep you healthy. In other words, the whole grain really is greater than the sum of its parts.

For more information, visit www.choosemyplate.gov.



What are the benefits of eating whole grains?

The benefits of whole grains have been studied extensively and researchers have found that a low-fat diet that includes at least three servings of whole grains can reduce the risk of heart disease, some kinds of cancer and other chronic diseases. These benefits come from eating the whole grain and not parts of the whole grain eaten separately.

If you are...*	Grains (oz.-equivalents)	Whole Grains (oz.-equivalents)
- Child (4-8 years)	4-5	2-3
- Woman - Older Adult (51+ years) - Teenage Girl - Child (9-13)	5-6	3
- Teenage Boy - Man (31-50)	7	3
- Man (19-30)	8	4

Source: USDA National Nutrient Database for Standard Reference

Whole grain foods as part of a healthy diet can help you stay healthy by:

Protecting heart health. Choosing a diet rich in whole grain foods may help reduce the risk of heart disease.

Managing weight. In a large national survey, women who ate more whole grain had healthier body weights than women who ate less whole grain. Choosing whole grain foods may also help you gain less weight as you age.

Reducing cancer risk. Increasing whole grain consumption may help reduce the risk for certain cancers.

Reducing diabetes risk. Eating more whole grain may reduce the risk of diabetes. Whole grain foods may also help maintain healthy blood sugar and insulin levels.



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