

WHAT are GRAINS?

PART A: Have you heard someone say, “You are what you eat”? It’s true! So to be at your best, you need great fuel. Grains provide that fuel. See how much you know about the grains that make up some of your favorite foods. Use the words in the list below to complete the sentences.

WORD CHOICES:

whole, kernel, ground, food, wheat

1. Grains are the seeds or fruit of various crops used as .
2. Grains grown in the United States include , oats, rice, and corn.
3. A grain seed, or , is made up of three important parts: the bran, the germ, and the endosperm.
4. Foods made with grains include the entire kernel with all its three parts.
5. Whole grains can be eaten whole, cracked, split, or . They can be milled into flour or used to make breads, cereals, and other foods.

PART B: From creamy oatmeal to hearty pasta, grains can be a delicious part of your day. Complete the word search below to find more foods to help you grow with grains!

WORD SEARCH LIST:

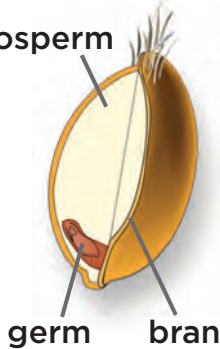
bran muffin, cereal, couscous, grits, pasta, pita, pretzels, rice, bread, tortilla, English muffin, hot dog bun, hamburger bun, dinner roll

B O H O T D O G B U N A F E
 B O A A L L I T R O T E S I
 R S E K A L F N E O C C B D
 A S G R O X M U A G U I R I
 N L P A S T A L D E R R E N
 M E N G L I S H M U F F I N
 U Z P J K Z N K A O G H L E
 F T N Q T R V S T Q R C A R
 F E R E L P P E I U I L E R
 I R R A N R U V P W T W R O
 N P Z C O U S C O U S P E L
 N U B R E G R U B M A H C L

GOOD GRAINS!

The grains in white bread and plain pasta don’t include the bran and the germ from the kernel. Vitamins and minerals are added back to the product to make them enriched so you still receive plenty of nutritional benefits from eating them. Whole grain foods keep all parts of the kernel, so your body gets the fiber and full nutrition of the grain. Depending on your age and gender, you should eat 5-6 one-ounce servings of grains each day and half of those servings should come from whole grains to give your body the energy it needs to rise and shine all day long!

endosperm



Rise to the Challenge!

Follow your teacher’s directions to name as many additional grain-based foods as possible. Write the names of the foods on the back of this paper. Use your food lists to poll your family members about their favorite grains.



Learn more about the goodness of grains online at www.gowiththegrain.org.



GRAIN GOODNESS

PART A: You already know about whole grains and enriched grains. But how much do you know about the benefits of eating all kinds of grains? Read the sentences below and unscramble the words to learn more.

There are two types of **aingrs**—whole grains and enriched grains. A healthy diet includes some of both.

Whole grain food products like wild **eric**, whole **haetw** pasta, **coprpn**, and **ery**

bread are packed with complex carbohydrates that keep your **rteha** healthy so you can play longer and stronger.

They are also full of **brfie**, to help your stomach **tesdig** food and help you feel full longer. **Enriched**

grain foods like white **aromacni**, plain **lebgas**, and white **drbae** provide added **entsnurti** such as B vitamins and minerals

that help your blood cells stay healthy, help heal **stuc** and wounds, and help keep your **lesmucs** moving.

Grain foods give your body fuel to get you through the day. The iron in grain foods also helps carry oxygen from your lungs to the rest of your body, which keeps you powered up for school, sports, and fun. Now that's a lot of grain to grow on!



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PART B: Nutrition labels help us make informed decisions about the food products we buy and how they contribute to a healthy diet. All nutrition labels identify nutrients found in each serving of that food. Complete this nutrition label activity together with your parents at home!

- Choose a grain food in your kitchen—a loaf of bread, box of cereal or pasta, etc.
- Record the Nutrition Facts listed on the product on the blank label shown below.
- Return the completed sheet to school.

Nutrition Facts

Serving Size	_____
Servings Per Container	_____
Amount Per Serving	
Calories	Fat Calories
% Daily Value*	
Total Fat	_____ %
Saturated Fat	_____ %
Trans Fat	_____ %
Cholesterol	_____ %
Sodium	_____ %
Total Carbohydrates	_____ %
Dietary Fiber	_____ %
Sugars	_____ %
Protein	_____ %
Vitamin A	_____ %
Vitamin C	_____ %
Calcium	_____ %
Iron	_____ %

*Percent Daily Values are based on a 2,000 calorie diet.



Rise to the Challenge!

Take an inventory of the types of grains you have in your cupboards. Decide as a family what new grains you might try. For example, barley, couscous, quinoa—even a sandwich with pumpernickel or rye bread—could be a great eating adventure! Learn about more options by visiting www.gowiththegrain.org.



ON the MENU

MyPlate is the new nutrition guide from the U.S. Department of Agriculture (USDA). MyPlate shows the food groups and portion sizes you need to make your plate a healthy one.



Rise to the Challenge!



Use the MyPlate guidelines to start filling in a plate of your own for your favorite meal of the day. List your food choices on the lines under each of the food groups below at left. Make sure you include one or two servings of grain foods.

MYPLATE FOOD GROUP IDEAS

Grains

- ½ cup cooked pasta
- ½ cup cooked oatmeal
- 1 slice of bread
- 1 flour tortilla

Dairy

- ⅓ cup shredded cheese
- 8 oz. lowfat milk
- ½ cup frozen yogurt
- ½ cup chocolate pudding

Fruits

- ½ cup sliced strawberries
- 1 small apple
- ⅓ cup raisins
- ½ cup sliced banana

Veggies

- ½ cup cooked broccoli
- 1 cup raw baby carrots
- ½ baked sweet potato
- ½ cup corn

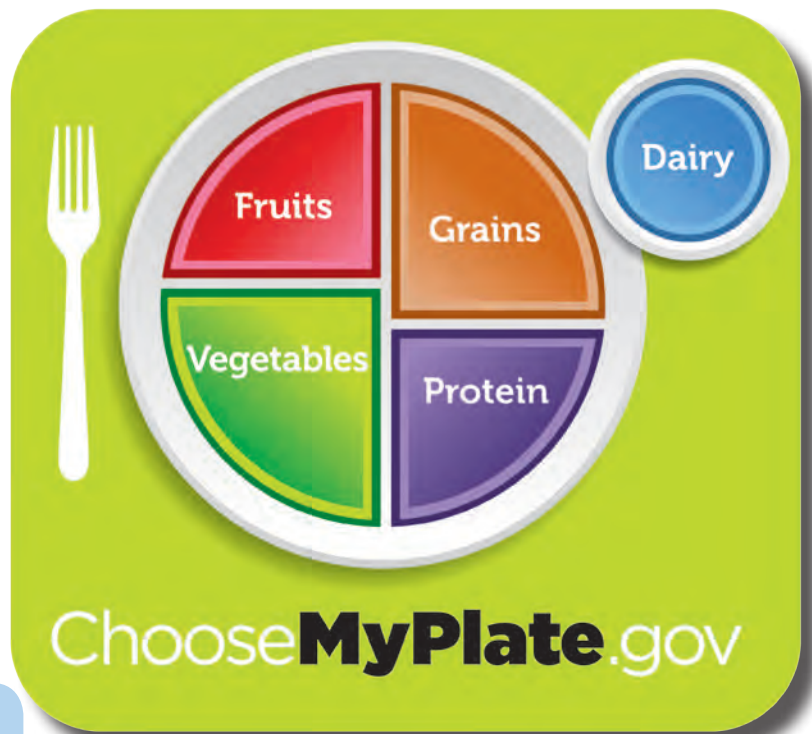
Protein

- 1 Tb. peanut butter
- 3 slices thinly sliced ham
- 1 oz. cooked chicken
- ⅓ cup black beans



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My favorite Meal:



Dear Parents and Caregivers,

Depending on your child's age and gender, the USDA recommends children consume 5-6 one-ounce servings of grains each day, including half from whole grains. Is your child getting enough? To find out, use the space at right to track the grains your child eats for a day, then place a star next to the whole-grain choices. Were half of them whole? Visit www.gowiththegrain.org for ideas on helping your child enjoy a healthy and balanced diet that includes a variety of grain foods.

