



For Grades K-2



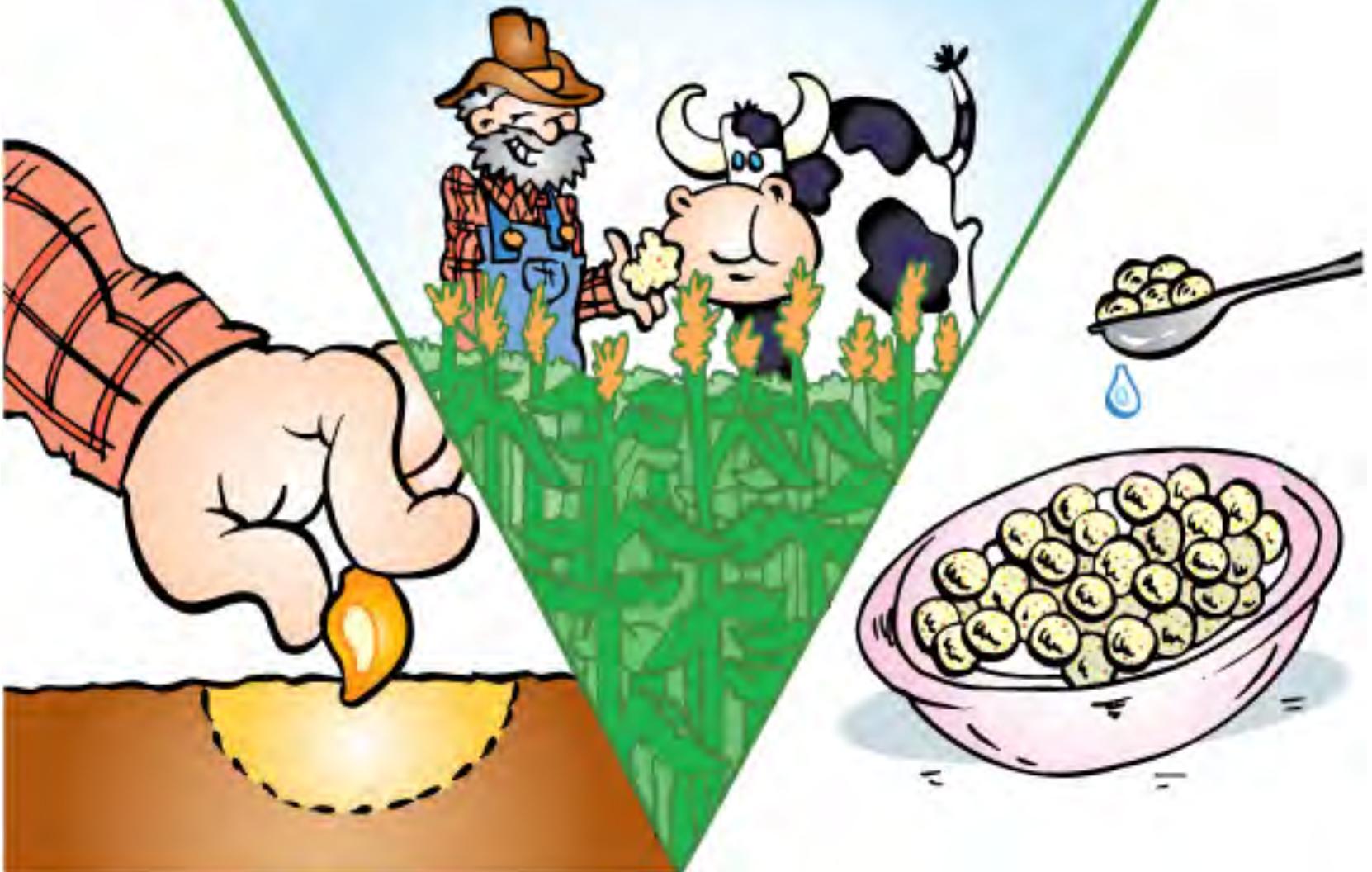


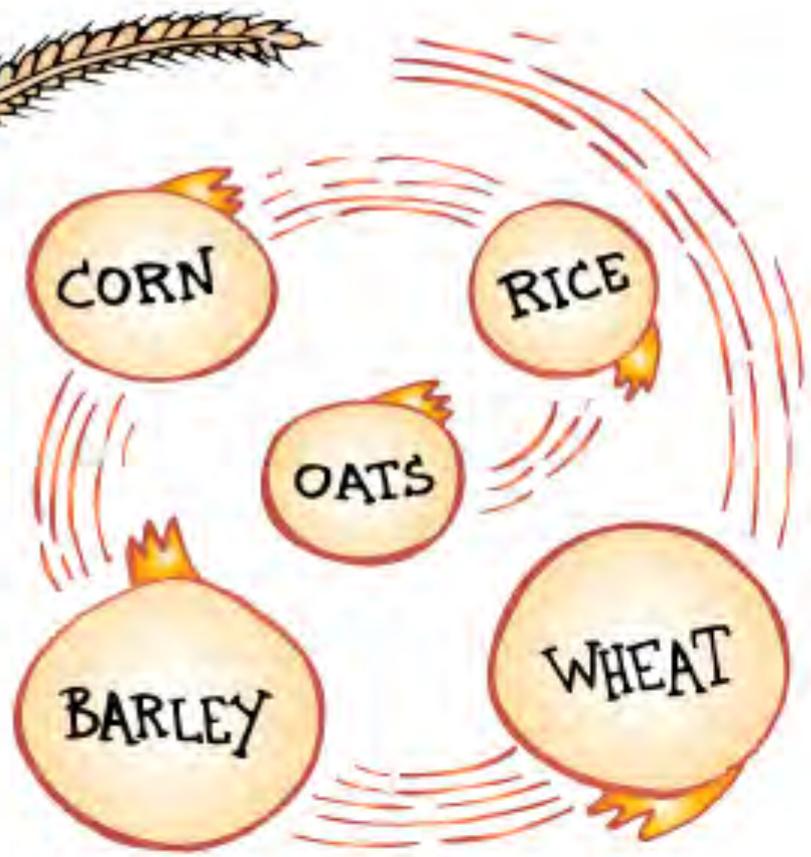


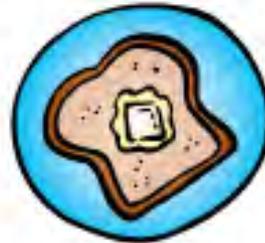
WHEAT

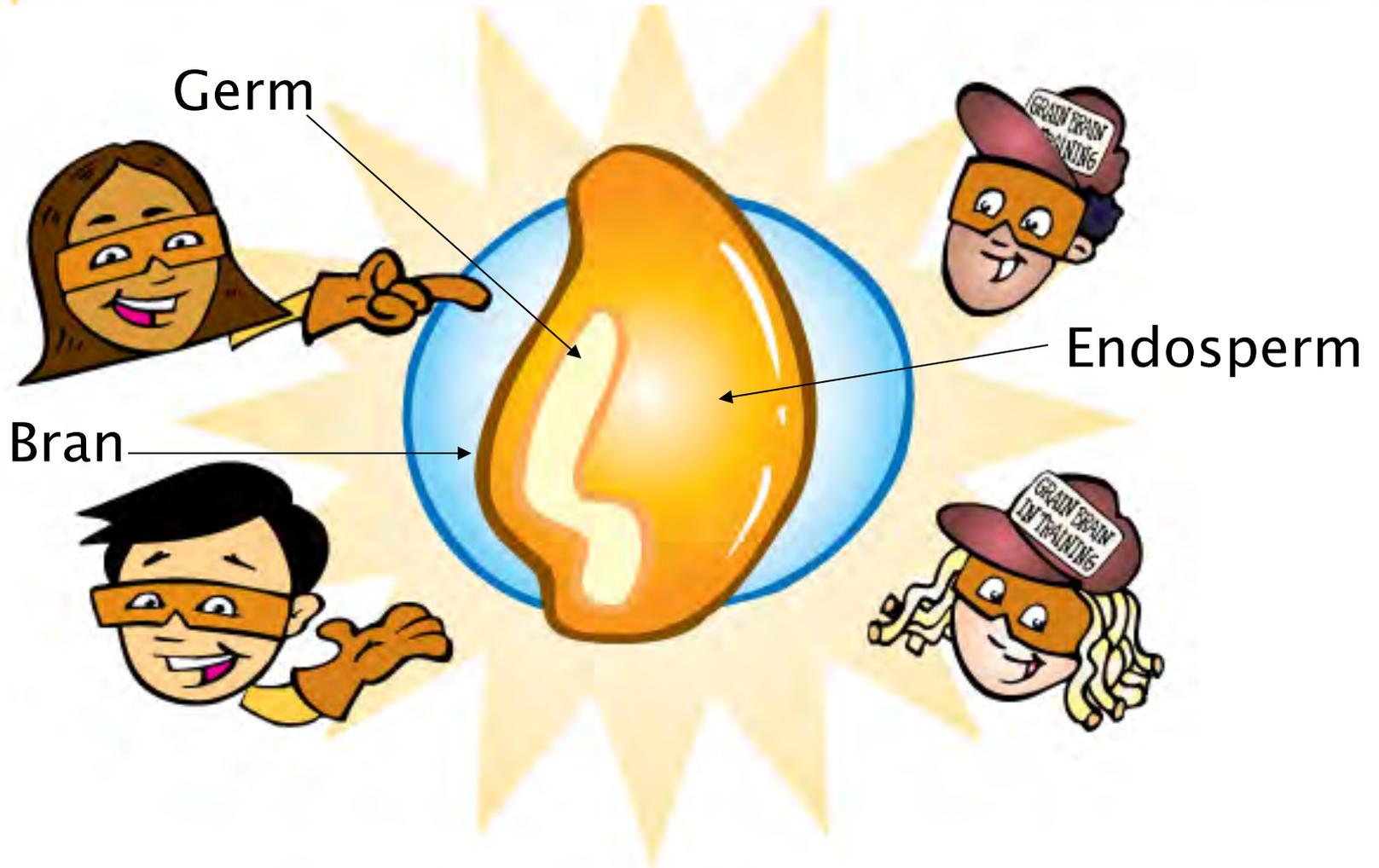


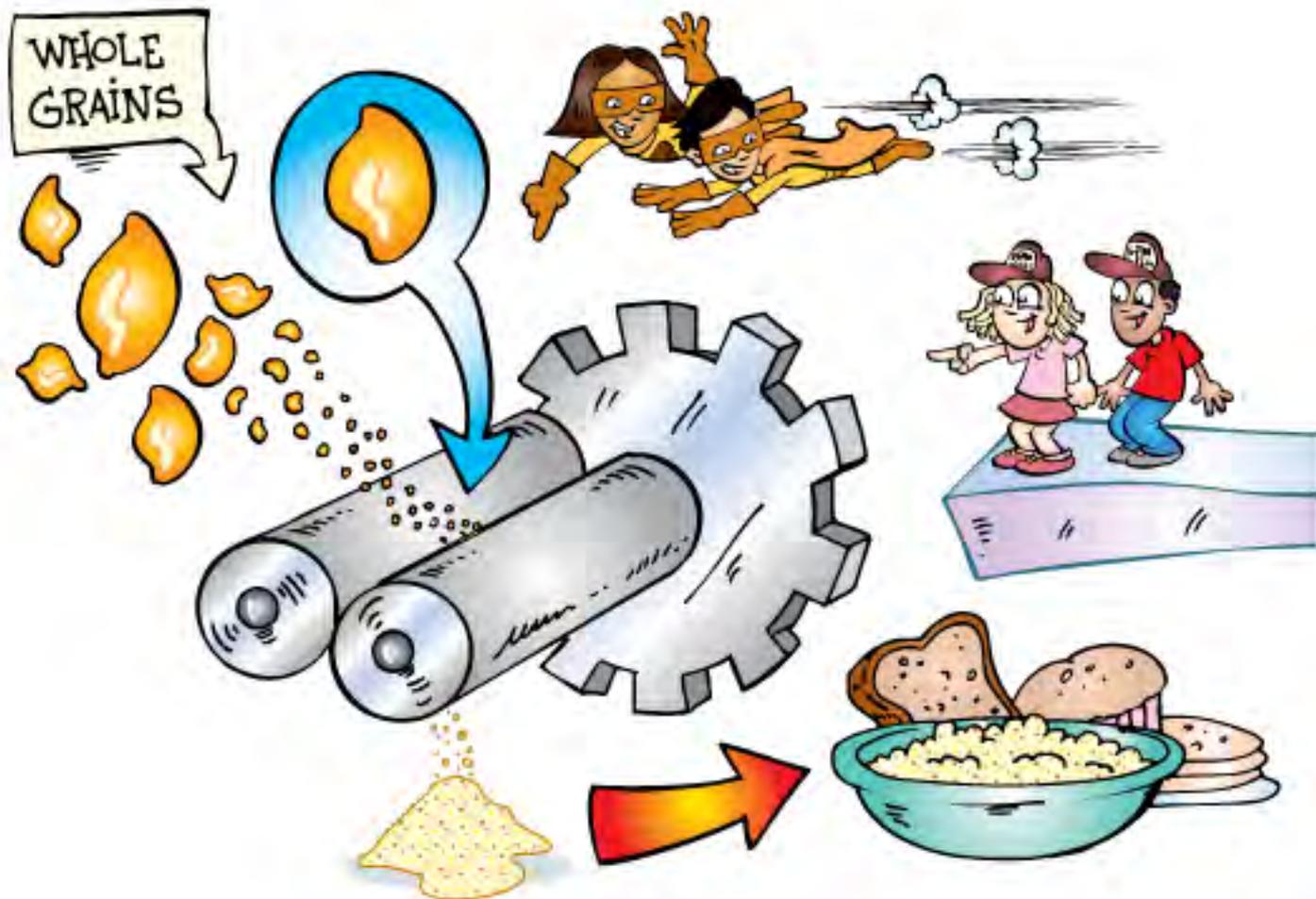
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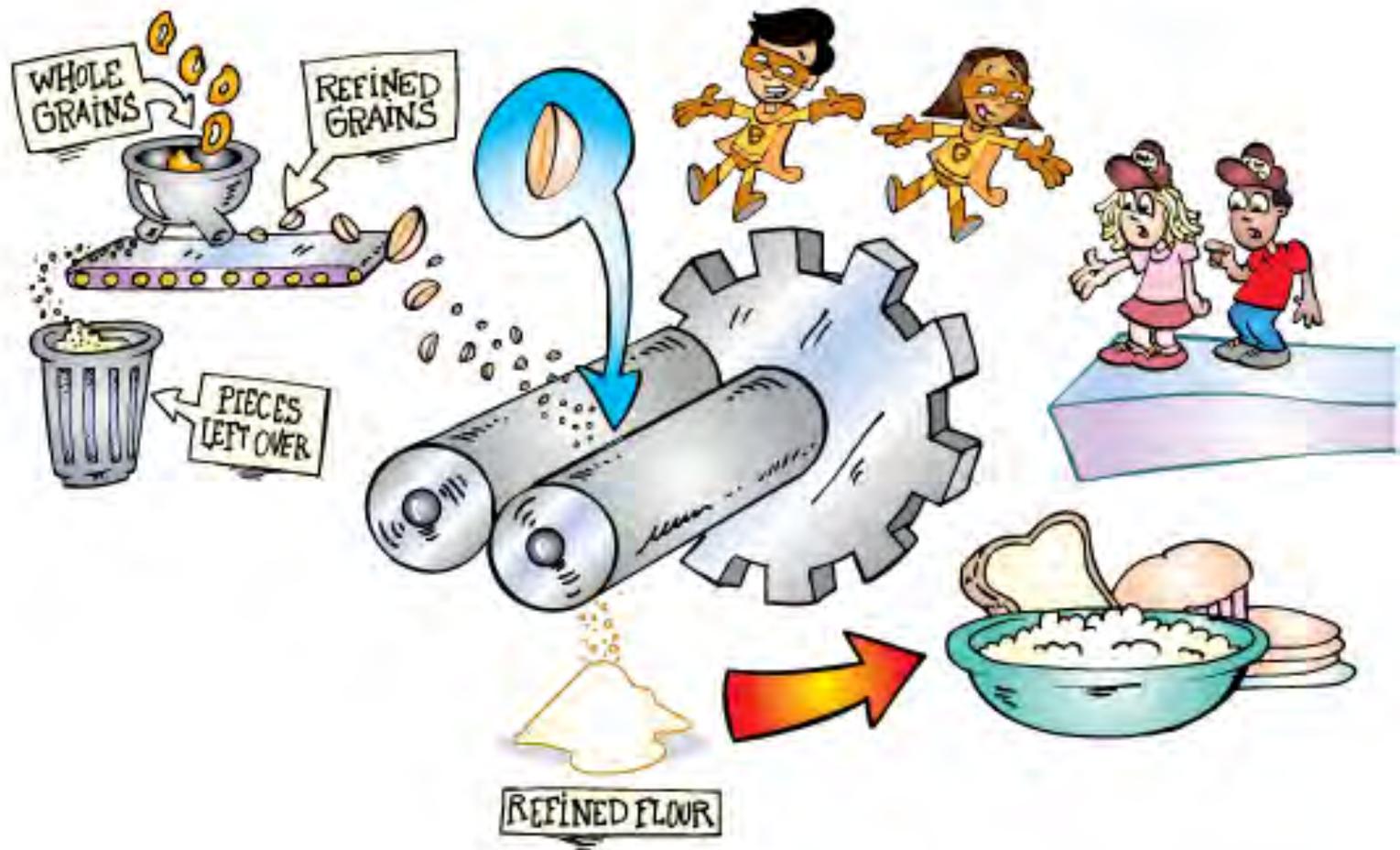














HELP
PEOPLE

STRONG

DO
GREAT
THINGS

SMART

SUPER

AMAZING

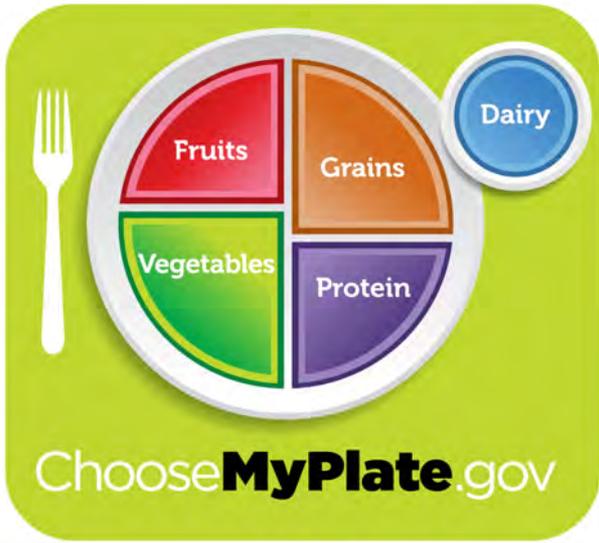
GOOD

HEALTHY











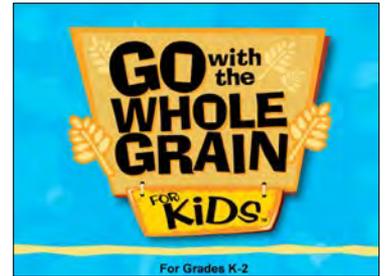


**Whole grain foods will help
me grow.
I eat them everyday,
you know.
For breakfast, lunch and
dinner, too --
They taste great and
they're good for you!**

SLIDE PROGRAM NOTES

Grades K-2

Cover Slide



Slide #1

JORDAN: "Let's see, everybody likes cereal for breakfast. Let's get some cereal."

ALLIE: "What kind of cereal do you think we should buy?" Allie asked Jordan.

NARRATOR: Their fifth grade class was going on an overnight camping trip and they were shopping for food to bring for breakfast.

JORDAN: "I don't think it really matters, does it?" Jordan answered.

GRAIN BOY: "Of course it does!" said a voice.

GRAIN GIRL: "Double it does!" said another voice.

NARRATOR: The two fifth graders looked up to see a masked boy and girl.

ALLIE: "Who said that?" Allie asked.

GRAIN BOY & GIRL: "We did!" they said.

JORDAN: "Who are you?" Jordan asked.

GRAIN BOY: "We're Grain Boy and Grain Girl, the Whole Grain Heroes!"

JORDAN: "Whole Grain Heroes?" Jordan asked.

GRAIN GIRL: "That's right, and the kind of cereal you get does matter," Grain Girl said. "The best kinds of cereal taste great and are made with whole grains."



SLIDE PROGRAM NOTES

Grades K-2

Slide #2

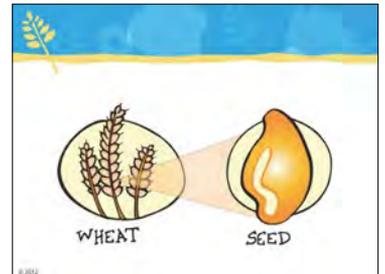
ALLIE: "What are whole grains?" Allie asked.

GRAIN BOY: "I'm glad you asked that!" Grain Boy said. "We'd love to tell you all about them! We'll start your Grain Brain Training right now!"



Slide #3

GRAIN GIRL: "Grains are actually seeds," Grain Girl explained.

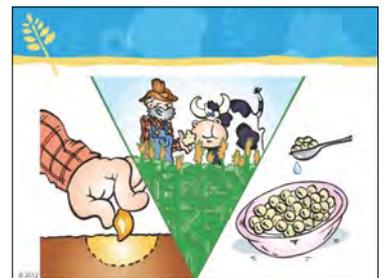


Slide #4

GRAIN GIRL: "It goes like this. Farmers grow grains on farms. They plant the grain seeds and the seeds turn into grain plants. The plants grow more seeds, and so on."

GRAIN BOY: "Of course, the farmers don't plant all the grain seeds that they grow," Grain Boy added. "Most of them are harvested and used for feed for animals and food for us!"

Suggested questions for class: Have you ever seen grain growing? What kinds have you seen? Maybe you've seen corn growing. Corn is a type of grain.



Slide #5

JORDAN: "Wheat is a grain, isn't it?" Jordan asked.

GRAIN BOY: "I guess your Grain Brain is working after all. Here, take a look," Grain Boy said.

NARRATOR: Grain Boy waved a shaft of wheat and suddenly they could see a whole field of wheat.

GRAIN BOY: "That's wheat growing right there," he said, pointing to a field. "Wheat, rice, oats, corn, barley – they're all grains."



SLIDE PROGRAM NOTES

Grades K-2

Slide #6

GRAIN GIRL: "And there are lots of foods made from grains, like cereal, bread, crackers, tortillas, pita, popcorn, rice and rice cakes, and pancakes," Grain Girl said.

ALLIE: "Those are all foods I really like!" Allie said.

GRAIN GIRL: "There are so many delicious foods made from grains. Some foods are made with part of the grain and some are made with the whole grain," Grain Girl said.

JORDAN: "What do you mean?" Jordan asked.

Suggested questions for class: Can you think of other foods made from grains? What kinds of foods have you eaten that are made from grains?



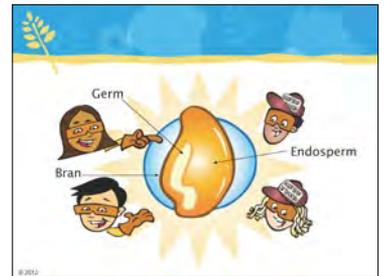
Slide #7

GRAIN BOY: "We'll show you. But first you need some 'grain gear' so you can see what a whole grain looks like," Grain Boy said.

NARRATOR: Grain Girl put eye masks on Jordan and Allie and showed them a grain kernel. With the masks on, they could see the inside and the outside of the grain kernel.

GRAIN GIRL: "The outside part is called the bran. It's like a shell that protects what's inside. The inside is called the endosperm. It gives the seed energy. The part that sprouts when the grain seed is planted is called the germ. It gives the seed the food it needs to grow."

ALLIE: "But how do those grains get into all those foods like bread and cereal?" Allie asked.



Slide #8

GRAIN GIRL: "The farmer brings the grains to a mill where they're ground into flour," Grain Girl answered. "That means the grains are crushed until they look like tiny pieces, kind of powdery – the way that flour is. When foods are made from whole grains it means that the *whole* grain – with all three parts – is ground into flour."

Suggested questions for class: What are the three parts that make up a whole grain? What do you see happening in this picture? What happens to the whole grains?



SLIDE PROGRAM NOTES

Grades K-2

Slide #9

GRAIN BOY: "When a food is made with refined flour, that means the flour was made with the endosperm part of the grain and the bran and germ weren't used at all," Grain Boy said.

JORDAN: "Is that bad?" Jordan asked.

GRAIN BOY: "No, it's not bad," Grain Boy said, "But we're not called Whole Grain Heroes for nothing!"

Suggested questions for class: What is the difference between a food made with refined flour and a food made with whole grain flour?



Slide #10

ALLIE: "Why are whole grains heroes?" Allie asked.

GRAIN GIRL: "Whole grains are super and amazing like heroes! They can do great things!" Grain Girl explained.

GRAIN BOY: "Whole grains are the heroes of the Grains Group because they help people stay healthy and grow strong. It's not the same as eating only a part of the grain by itself," Grain Boy said.

GRAIN GIRL: "And whole grains help give you energy to play and do the things you like to do," Grain Girl added. "That's why you should be sure to eat some whole grain foods every day."

Suggested questions for class: The words on the slide describe the hero characteristics of whole grains. What other words could you use to describe whole grains? Why do you want to be healthy? What things do you like to do that need lots of energy?



Slide #11

JORDAN: "Hmmm," Jordan said. "I know I want to grow, and I know I want to be healthy, and I know I need lots of energy. How do I know which grain foods have whole grains in them?"

GRAIN GIRL: "That's easy!" Grain Girl said. "I'll just put on my wheat feet and make a dash through the grocery store. I've got lots of whole grain energy! I'll be back in a flash!"



SLIDE PROGRAM NOTES

Grades K-2

Slide #12

ALLIE: "Wow! That was fast!" Allie said. "Do you mean all those foods are made with whole grains? Whole wheat bread? I like that! And, hey! That's my favorite kind of snack crackers!"

JORDAN: "Brown rice – my mom makes that. And I really like whole grain corn tortillas, too. I just had oatmeal for breakfast!" Jordan said, "You're right – this is easy."

GRAIN GIRL: "And you can tell if a food is made with whole grains by looking at the package. Ask an adult to help you," Grain Girl said. "Look for whole grain clues. An easy one is to see if there's a whole grain as the first ingredient – look for whole grain corn or whole wheat."



Slide #13

ALLIE: "How many whole grains do we need to eat every day? I mean I want to grow and be healthy, and I know I need lots of energy to have fun and play with my friends," Allie said.

GRAIN BOY: "You've probably seen this before," Grain Boy said.

ALLIE AND JORDAN: "Oh, sure," the children said. "That's MyPlate. We learned about that in school."

GRAIN BOY: "You can see that the orange part of MyPlate is the Grains Group," Grain Boy explained. "Grains are really important, and that's why they are part of MyPlate. It's a good reminder to start your day with grain foods and to include them in your meals and snacks so that you have energy to keep going strong. You should have four to five servings of foods from the Grains Group and half of them should be foods made with whole grain. Here's a way to remember to eat whole grain foods every day: Whole grain foods will help me grow. I eat them every day, you know. For breakfast, lunch and dinner, too – they taste great and they're good for you!"

ALLIE: "No problem," Allie said. "I eat cereal for breakfast, so I'll choose one that has whole grain as the first ingredient. And a lot of times I have a sandwich for lunch, so I could have whole wheat bread with that. Popcorn is one of my favorite snacks. That's at least three servings of whole grains right there!"

Suggested questions for class: What are some ways that you could eat whole grains every day?



SLIDE PROGRAM NOTES

Grades K-2

Slide #14

GRAIN GIRL: "Sure," Grain Girl said, "There are lots of ways to do it. And whole grains aren't just heroes in this country, but they're heroes all over the world!"



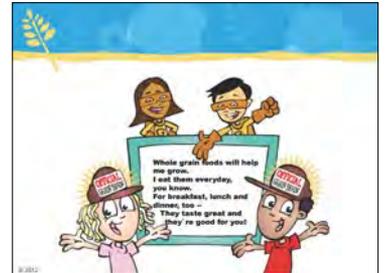
Slide #15

JORDAN: "I guess it really does matter what kind of cereal we get for the camping trip," Jordan said.

ALLIE: "Let's get the ones made with whole grains!" Allie said.

GRAIN GIRL: "Sounds like a well-trained Grain Brain if I ever heard one!" Grain Girl said.

EVERYONE: "Whole grain foods will help me grow. I eat them every day, you know. For breakfast, lunch and dinner, too – they taste great and they're good for you!"



CLASSROOM ACTIVITIES

Grades K-2

Grain Tracks

Objectives:

1. Students will be able to identify the foods made from grains that they eat for breakfast and/or lunch.
2. Students will be able to identify how they could eat more whole grain foods.

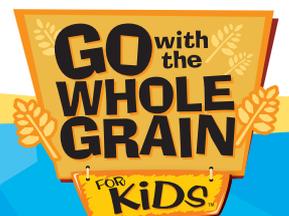
Note: It is suggested that you do this activity for two days as soon as possible after students eat breakfast or lunch.

Materials:

- School lunch/breakfast menu
- Grain Food Picture Cards

Preparation:

1. You may want to invite the school food service manager to come in and talk to your class about the foods made from grains and whole grains that are served in the school lunch/breakfast program.
2. Know which foods on the school lunch menu are made with whole grains.
3. Tape the Grain Food Picture Cards on the board.
 - breads
 - muffins
 - buns
 - waffles/pancakes
 - cereal (cold and hot)
 - taco/tortilla
 - rice
 - noodles/pasta
 - different types of crackers



Grain Tracks, page 2

Directions:

Day One

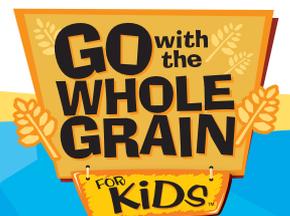
- A.** Tell the students that they are going to try to find out what foods made from grains they eat and what *whole grain* foods they eat. They will also think about how they could eat more whole grain foods.
- B.** Ask the students to think about what they just ate for breakfast or lunch.
- C.** Ask: What foods did you eat that were made from grains? Call on several students. After each student answers ask for a show of hands to see how many other students ate that food. Make tally marks below the appropriate food picture card to show the number of students who ate the food. For each food ask if it was made from whole grains. Continue until all students have reported the foods they ate.

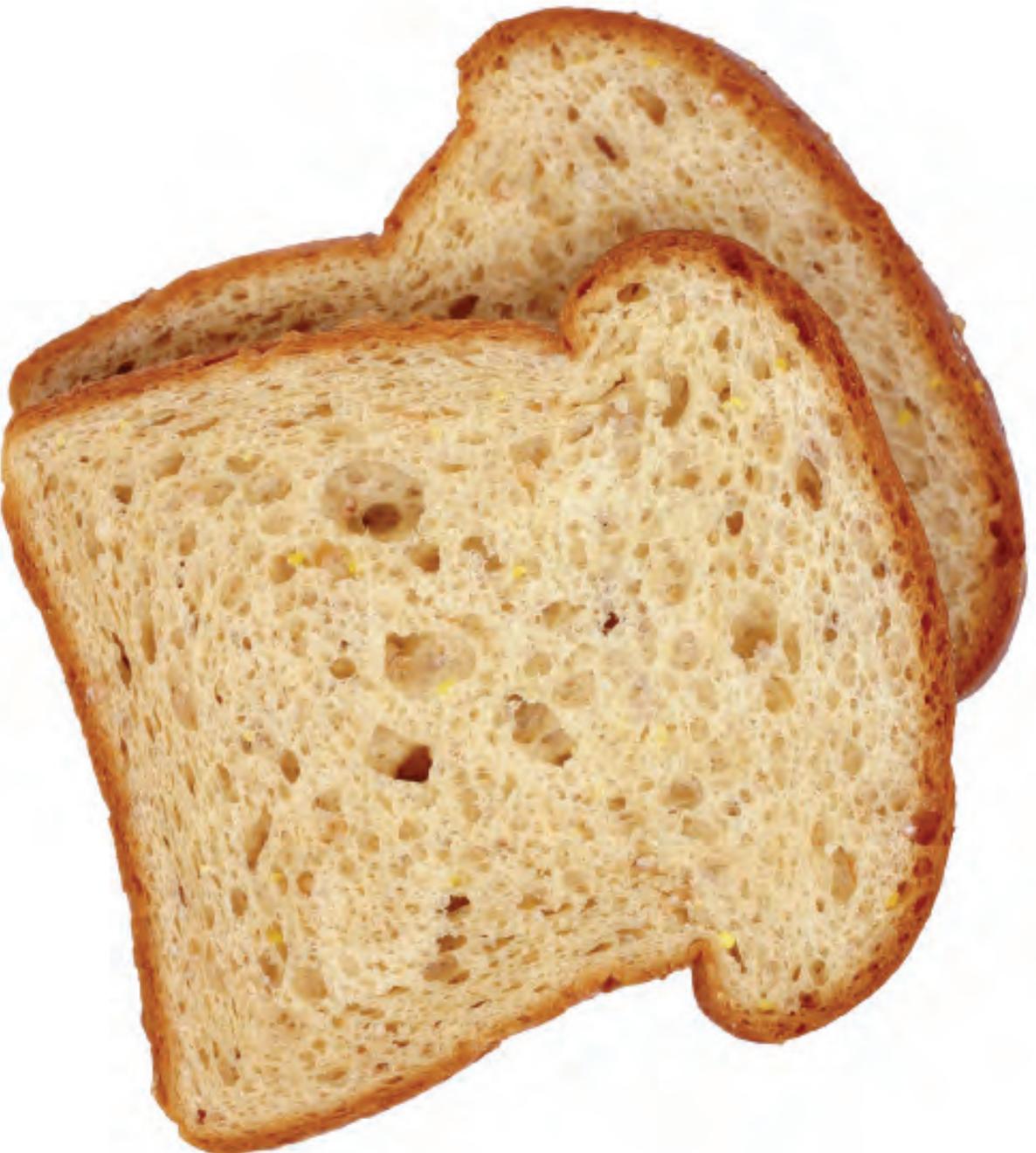
Optional: Make a graph to see what foods were eaten most.

- D.** Ask: What whole grain foods could you add if you wanted to eat more servings of whole grains?
- E.** Tell them to think about the whole grain foods they eat and that tomorrow they will see what whole grain foods they ate for breakfast or lunch.

Day Two

- A.** Repeat the activity for **Day One**.
- B.** Remind students that eating whole grain foods is important for healthy bodies to help them grow and be strong. Tell them about the opportunities to eat whole grain foods in the school breakfast/lunch program.





Bread



Muffins



Hotdog/Hamburger Buns



Pancakes/Waffles



Cereal



Tacos/Tortillas

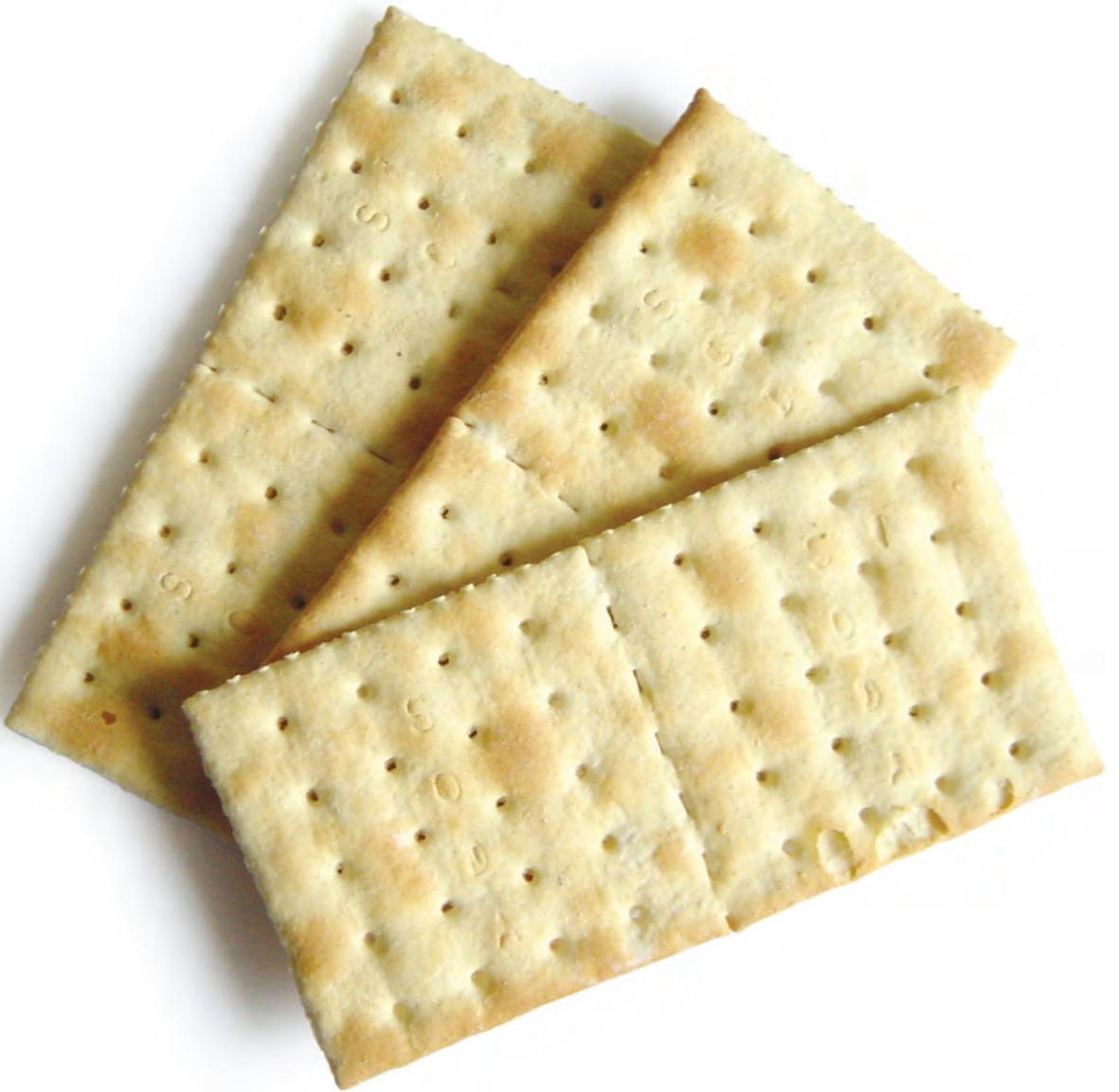


Rice



Pasta/Noodles

Crackers



CLASSROOM ACTIVITIES

Grades K-2

The Grain Chain

Objectives:

1. Students will be able to identify grains.
2. Students will be able to identify foods made from grains.
3. Students will be able to identify when, where and how they could eat foods made with grains every day.

Materials:

- Colored paper strips to make paper chains
- Stapler
- Game cards
- Paper bag or container for game cards
- "Grain Chain" heading card

Preparation:

1. Make a paper chain or ask a student to make one that is 2 to 3 feet long. Hang it horizontally on the board, wall or bulletin board. If possible, put it some place where it can be left up for a couple of days so that students could add to it if they think of other foods made from grains.
2. Download or copy the game cards and cut them out. Place the game cards in a paper bag or a container so that students can pick them.
3. Cut more colored strips of paper to add to the chain.
4. Download or print the heading card "The Grain Chain" and place it above the horizontal chain.



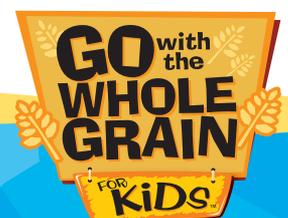
The Grain Chain, page 2

Directions:

- A.** Introduce the activity by telling the students that they are now going to play a game called “The Grain Chain”. In this game they will have to think about what foods are made from grains.
- If you have a copy of MyPlate point out the Grains Group as a reminder of what kinds of foods are made with grains.*
- B.** Explain the directions as follows:
- 1.** We are going to add more paper chains to this grain chain and each new link will have a picture or a name of a food made from grains on it.
 - 2.** I will call on one student at a time to come up and pick a card from this bag. The card will have a picture of a food on it. You will have to decide if it is a food made from grains. If you think it is and you are right then we will staple the picture onto a new paper chain link and add it to the grain chain. The new links will hang down from this chain (vertically). If the food on the card is not made from grains then you can say what you think it is made from or what food group it belongs to and we will put it in a pile.
 - 3.** Some cards will have questions on them about foods that are made from grains. If you choose one of these you will try to answer the question and we can write the answer on the card and add it to the chain.
- C.** Begin the activity by calling on one student to pick a card from the bag.
- D.** Ask the student to identify the food.
- If it is a food made from grains and the student guesses correctly, staple it on to a paper chain link and attach it to the chain on the wall or board so it will hang vertically. Remind students about the Go With the Whole Grain™ slide program in which they learned about whole grains. Ask or tell them if the food is made with whole grains or how the food could be made with whole grains, for example using whole grain flour.
 - If the student guesses incorrectly ask the class to help him/her.
 - If the student correctly guesses that the food is not made from grains ask what it is made from or what food group it belongs to and place the card in a pile on a table or desk.
 - If the student selects a question card, read the card (or have the student read the card) and have the student answer the question. Write the answer on the card and attach it to the paper chain link.
- E.** After all of the cards have been selected and there are several long chains hanging down from the horizontal chain congratulate the class on doing a great job identifying foods made from grains.
- F.** Tell students that if they think of other foods made from grains in the next few days they could make picture or word cards to add to the grain chain.

Variations:

- Ask students if they know what kinds of grains could be used in the foods on the picture cards.
- Ask students if the foods on the picture cards could be made with whole grains.





Orange Juice



Ice Cream



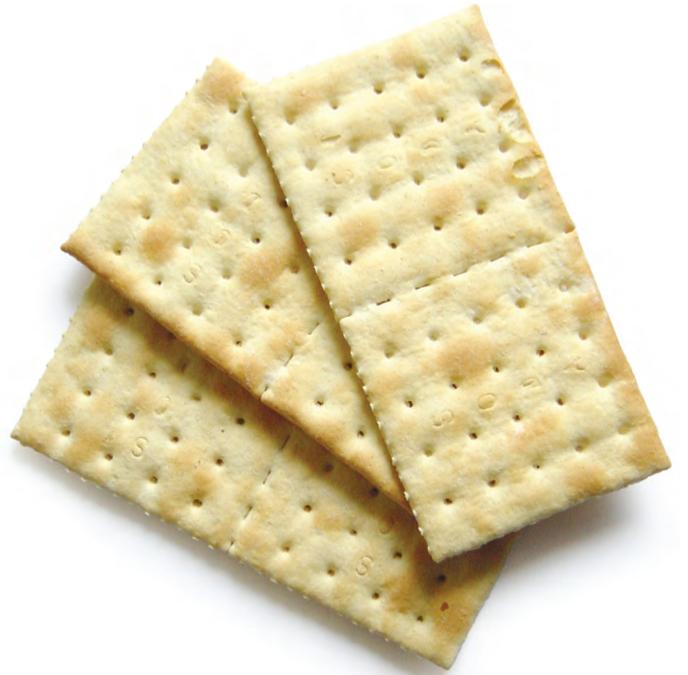
Salad



Cereal



Pizza Crust



Soda Crackers



Muffin



Taco



Oatmeal



Bread Sticks



Pita Bread



Rice Cakes



Graham Crackers



White Rice



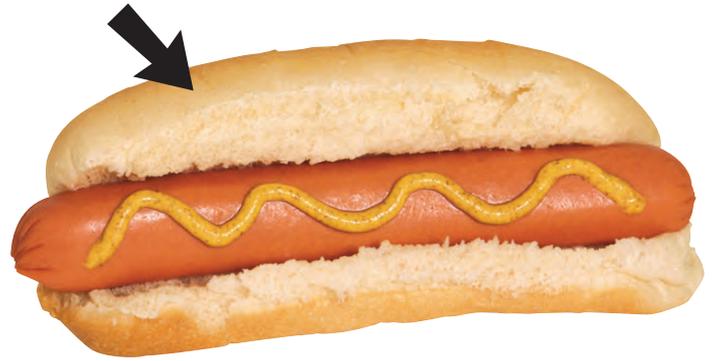
Tortilla



Pretzels



Brown Rice



Hot Dog Bun



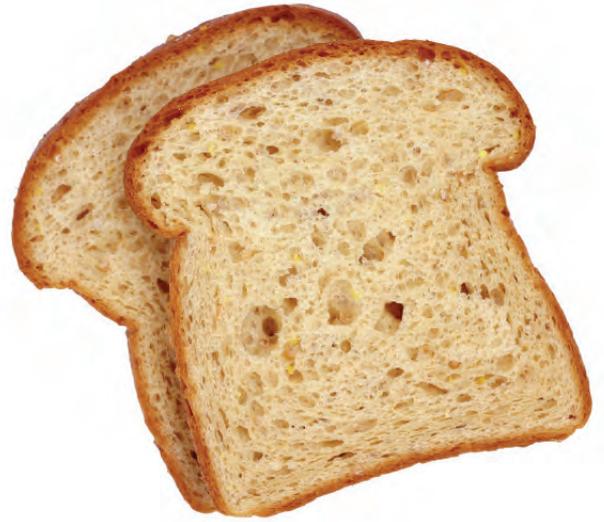
Popcorn



Pasta



Pancakes



Bread



Spaghetti



Steak



Bananas



Cheese



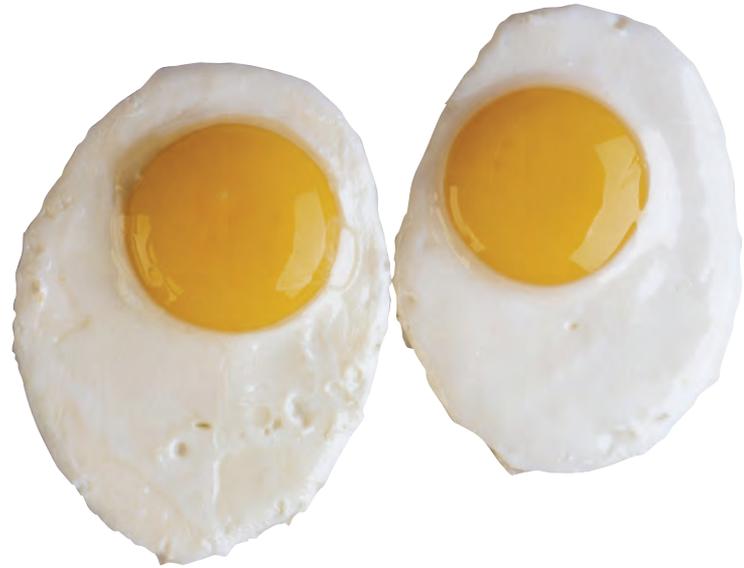
Chicken



Beans



Apple



Eggs

**What foods
do you like
to have in a
sandwich?**



Broccoli

**What food
made from
grains could
you eat for
lunch?**

**What
is your
favorite
kind of
cereal?**

**Why would
cereal
make
a good
snack?**

**Why do
you think
popcorn
would make
a good
snack?**

Name a food made from grains that you ate yesterday.

What food made from grains could you eat for breakfast?

What is your favorite food made from grains?

Name a food made from grains that is served in school lunch.

Three

Garbins.

Garbins

CLASSROOM ACTIVITIES

Grades K-2 & 3-5

Whole Grain Helpers

Objectives:

1. Students will identify whole grain foods.
2. Students will identify ways to include whole grain foods in their daily food intake or on specific occasions.

Materials:

- E-mail messages to Grain Boy and Grain Girl

Preparation:

1. Download e-mail messages to Grain Boy or Grain Girl (make copies if necessary – you will need one per pair of students if using pairs, or one set if working with a large group)
2. Cut messages on the dotted line.

Directions:

Note: This activity may be done in pairs with second graders or it can be done in a large group with younger students.

- A. Explain to the class: Grain Boy and Grain Girl are getting lots of e-mails from kids who are trying to eat more whole grain foods. Now that you know a lot about whole grains they are wondering if you could help them answer some of the messages.

If students are working in pairs (grades 3-5):

- B. Divide the class into pairs.
- C. Give each pair an e-mail message. Tell them to write their answers to the e-mail on the message.
- D. Allow time for students to answer the messages. Students could answer more than one message.
- E. Call on each pair of students to read their message and their answer. Make sure that their answer includes foods made with whole grains.



Whole Grain Helpers, page 2

If the activity is teacher directed and students are working in a large group (grades K-2):

- B.** Read one e-mail message or ask a student to read it.
- C.** Ask the students to identify the time or occasion that is mentioned in the rhyme (for example, lunch, breakfast, after school).
- D.** Ask the students if there is anything else they need to think about to answer the Message (for example something is it something hot or something crunchy).
- E.** Ask the students for suggestions of foods that would be made with whole grains and good for the occasion or time and any other criteria that was given in the rhyme.
- F.** Make a list of the suggestions and ask the students to help you write an answer to The e-mail on the board.
- G.** Continue reading and answering messages.



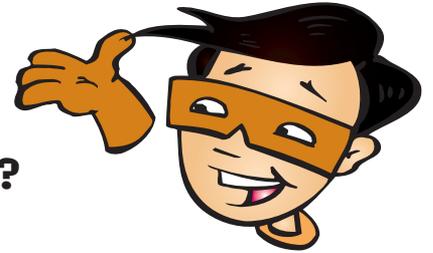
E-mail messages to the Whole Grain Heroes:

#1

Dear Grain Boy,

I like a snack that has a good crunch.
Is there one with whole grains that I could munch?

Your friend, Abby

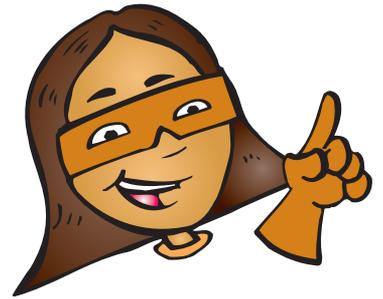


#2

Dear Grain Girl,

Breakfast is the meal that I like the best. Is there
a food with whole grains that you could suggest?

Your friend, Derrick



#3

Dear Grain Girl,

We're having a picnic - hotdogs, carrots and dip.
How can we add some whole grains? Please give me a tip.

Your friend, Latoya



#4

Dear Grain Boy,

**I like a hot breakfast when there's a winter snow storm.
What's a whole grain food I could eat that is warm?**

Your friend, Daniel

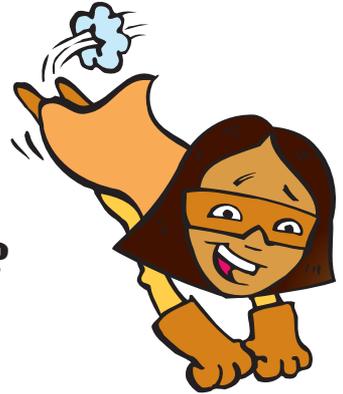


#5

Dear Grain Girl,

**Sometimes after school my friends come to play.
What whole grain snack could we have on that day?**

Your friend, Emily



#6

Dear Grain Boy,

**I like our school lunch a lot. It's quite tasty, I'd say. How do
I know what whole grain foods are served there each day?**

Your friend, Rafael

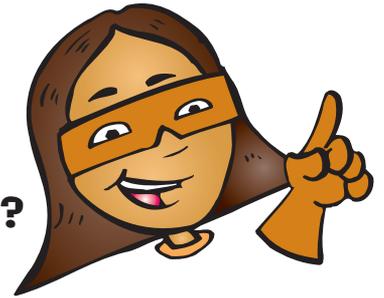


#7

Dear Grain Girl,

When we're in the car for a while, I like a snack. Is there a whole grain food that would be easy to pack?

Your friend, Rachel



#8

Dear Grain Boy,

My mom and I make my lunch and I bring it to school. What whole grain food could I add that you think would be cool?

Your friend, Andres



#9

Dear Grain Girl,

We're planning a party in my class - I can't wait! What whole grain snack do you think would taste great?

Your friend, Amin



#10

Dear Grain Boy,

**I love to play at the park - sometimes we stay there all day!
What whole grain snack could I bring, would you say?**

Your friend, Maya

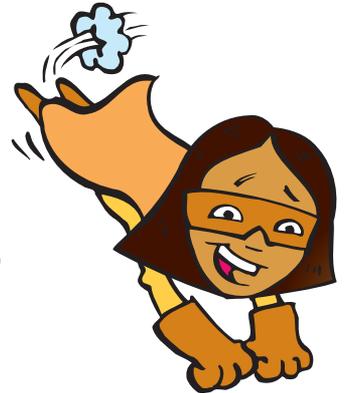


#11

Dear Grain Girl,

**I like crackers with cheese - I like it a lot.
How can I tell if the crackers are whole grain or not?**

Your friend, Leah



#12

Dear Grain Boy,

**I'm learning to play soccer - I'm fast on my feet! What
whole grain snack would be a good after game treat?**

Your friend, Chang

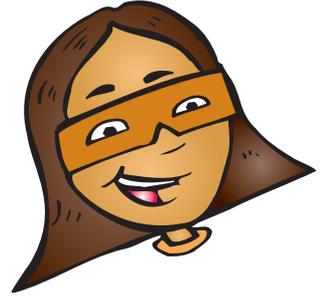


#13

Dear Grain Girl,

I like cereal for breakfast - it's my favorite, I'd say!
When else could I eat it later on in the day?

Your friend, Niko

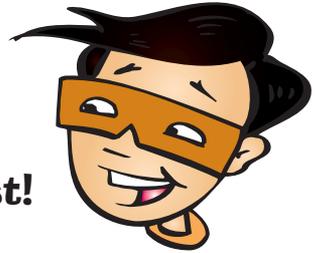


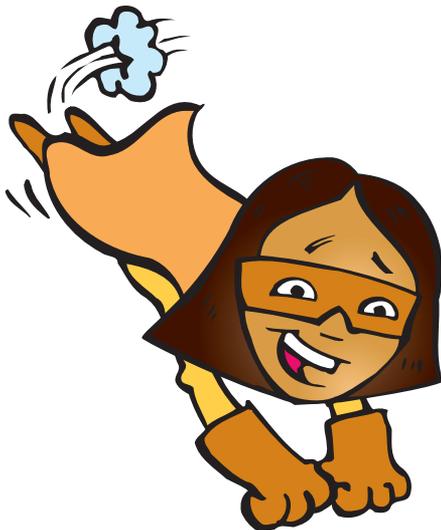
#14

Dear Grain Boy,

I told my dad about you and that whole grains are the best!
When we're planning dinner what would you suggest?

Your friend, Sarah





Whole Grain Helpers

POSSIBLE ANSWERS

- #1. Popcorn, cereal, crunchy granola bars, rice cakes, popcorn cakes, graham crackers**
- #2. Whole wheat bread/toast, cereal, oatmeal, muffin made with oatmeal or whole wheat flour, whole wheat bagel**
- #3. Whole wheat hot dog buns, whole wheat snack crackers, tortilla chips? oatmeal cookies?**
- #4. Whole wheat toast, oatmeal, pancakes made with whole wheat flour, toasted whole wheat bagel**
- #5. Popcorn, whole grain cereal, whole grain corn tortilla with melted cheese, whole wheat snack crackers with cheese, trail mix made with whole grain cereal, cereal bars made with whole grain cereal, whole grain graham crackers**
- #6. Check the school lunch menu, check for posters that promote whole grains, ask the school food service people at your school**
- #7. Whole grain cereal, whole wheat crackers with cheese or peanut butter, graham crackers, trail mix made with whole grain cereal, cereal bars made with whole grain cereal, whole wheat bagel**
- #8. Whole wheat bread for sandwiches, whole wheat pita, granola bar, whole wheat bagel, brown rice and beans, oatmeal cookies?**
- #9. Popcorn, whole grain snack crackers, trail mix made with whole grain cereal**
- #10. Whole grain snack crackers, Whole grain graham crackers, granola bar, cereal, trail mix made with whole grain cereal, cereal bars made with whole grain cereal**
- #11. Look at the package and ingredients list. If a whole grain is listed as the first ingredient or the package has the Whole Grain Stamp on it, you'll know the crackers are made with whole grain.**
- #12. Granola bar, popcorn, cereal bar made with whole grain cereal**
- #13. Eat whole grain cereal as an after school snack or a nighttime snack**
- #14. Corn tacos, whole grain pasta or spaghetti, whole grain bread or rolls with a main dish, brown rice and beans**

CLASSROOM ACTIVITIES

Grades K-2 & 3-5

Whole Grain Collage

Objectives:

1. Students will be able to identify whole grain foods.

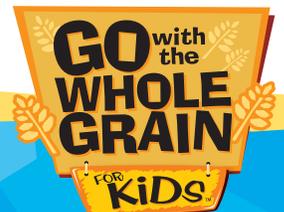
Materials:

- Food packages from whole grain foods
- Pictures of whole grain foods
- Tape, stapler, tacks (however packages will be attached to collage)

Preparation:

1. Decide where the classroom collage will be (e.g., bulletin board, poster, wall space)
2. Bring in some whole grain food packages or pictures for students who do not bring in their own.

NOTE: This activity will be in two parts. The first part will be the assignment to bring in food packages from home and the second will be making the collage in the classroom. It is suggested that students have about a week to bring in their packages or pictures.

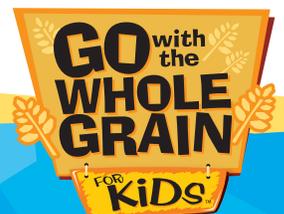


Whole Grain Collage, page 2

Directions:

Part One: The Assignment

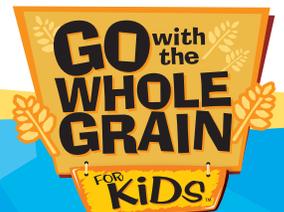
- A.** Explain to the class that they are going to do an art project using packages and pictures of whole grain foods.
- B.** Tell them they will need to bring in empty packages from home, cut out pictures from magazines or print some from the Internet.
- C.** Ask: How will you know if a food has whole grains in it?
 - Ask a parent or other adult.
 - Read the food label to look for whole grain as the first ingredient or have someone do it for you.
- D.** Explain that you will be sending information home with them so their parents or the adult they live with can help them find the packages. They can bring in as many as they want to, but they should each try to bring in at least one package or picture.
- E.** Tell them they can start bringing in their packages or pictures at any time.
They have until _____ to bring them in.
(Day or date)
- F.** Show the students where to put the packages when they bring them in.
- G.** Hand out a Whole Grain Collage Take Home Sheet to each student. Explain that they should give this to their parents or the adult they live with so they will be able to help them.



Whole Grain Collage, page 3

Part Two:

- A.** Explain that today the class is going to make a collage out of the packages and pictures of whole grain foods they brought in over the past few days.
- B.** Explain that they will take turns adding a package to the collage. It is okay if the package they add is not the one that they brought in.
- C.** Call on each student one at a time to pick a package or picture. With the student identify the food and find the label if there is one. Read the label to find out what kind of whole grain is in the food.
- D.** Have the student attach the package or picture to the collage.
- E.** Summarize by saying how easy it is to eat whole grain foods every day since there are so many to choose from.



We're Making a Whole Grain Collage!!!

Dear Parent/Guardian,

Our class has been learning about whole grains through the Go With The Whole Grain for Kids curriculum. The students have been learning about the importance of eating whole grain foods every day. As part of this program we are going to make a collage using empty packages of foods made with whole grains and pictures of whole grain foods from magazines or the Internet.

We are asking that each student bring in at least one empty package or picture by _____ .
(Date)

In class we will look at the package labels to see what whole grains are in the food. If you do not already buy whole grain foods, now is a great time to start. There are a variety of whole grain cereals, breads, crackers and snacks to choose from at the grocery store. Try a new one this week and send in the package with your child! Remember, at least half of your servings of grains every day should come from whole grain foods.

Thanks for your help!

TIPS ON FINDING WHOLE GRAIN:

Finding foods made with whole grain is easy, once you know what to look for. Discover whole grain foods in your supermarket with these quick tips.

Scan the ingredient list

Foods made with whole grain will list a whole grain—such as wheat, oats, corn or rice—near the top of the ingredients 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 (e.g. whole grain oats, whole wheat).

Look for the Whole Grain Seal

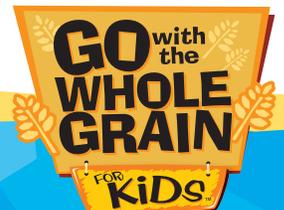


Some food manufacturers make it easy to identify foods made with whole grain by identifying products with a symbol or statement. Look for words like "made with whole grain" or "Provides at least 8 grams of whole grain per serving" on the package.

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 packages:

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



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.



OUTSIDE ACTIVITIES

Grades K-2 & 3-5

Grains to the Mill Game

Preparation: None

Equipment: None

Space: Gym or playing field

Directions:

1. Divide students into four or five groups.
2. Each group will be a type of grain, for example: wheat, oats, rice, corn, barley.
3. Direct the students to stand in a horizontal line with their group at one end of the gym or playing field.
4. Call out movement directions to each group, for example:
Oats - walk ten steps.
Wheat - take ten jumps forward.
Barley - do five jumping jacks.
Rice - take five hops forward.
Corn - take one step backward.
5. Call out movement directions for as long as you wish, then call out "All grains go to the mill!" All students will run to the opposite end of the field and back. The first group to get back to the starting line wins and they play again.

Variations: Have each group do their movement down to the end of the field and back each time.
Example: The wheat group skips to the end of the field and back.



PHYSICAL ACTIVITIES

Grades K-2 & 3-5

Getting Strong with Grain Boy and Grain Girl



Preparation:

1. Download and cut out activity cards.
2. Put activity cards in a bag or box.

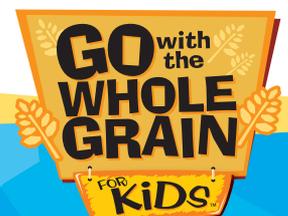
Equipment: None

Space: Classroom or gym

Directions:

1. Have students stand next to their desks or in an open space so they do not bump into each other.
2. Explain that Grain Boy and Grain Girl are going to lead them in some fitness activities.
3. Have students take turns picking activity cards from the bag or box.
4. Read the card or have the student read the card.
5. Lead the class in the activity.
6. Choose as many activities as you wish.
7. Vary the length of time of the activities according to your classroom.

Variations: Have students make up their own rhymes and activities.



**Grain Girl has
a happy face
when she sees you
run in place!**



Run in place.

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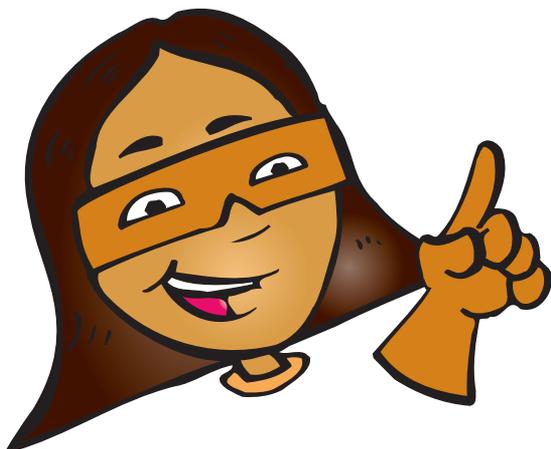
**Grain Boy knows you
like to play.
Have you done
your jog today?**



Jog in place.

© 2012

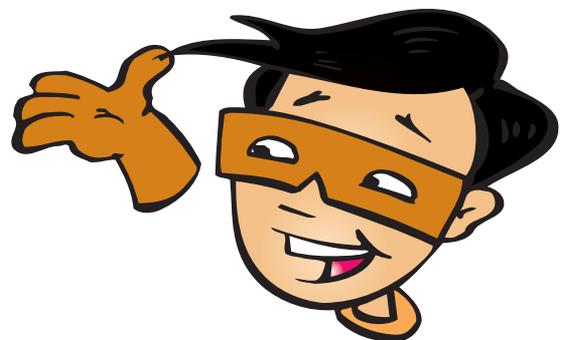
**Grain Girl says,
“Today I hope that
I will see you
jumping rope!”**



Pretend to jump rope.

© 2012

**Grain Boy says,
“One great way
to be fit and trim
is to go for
a nice long swim!”**



**Pretend to swim
using your arms.**

© 2012

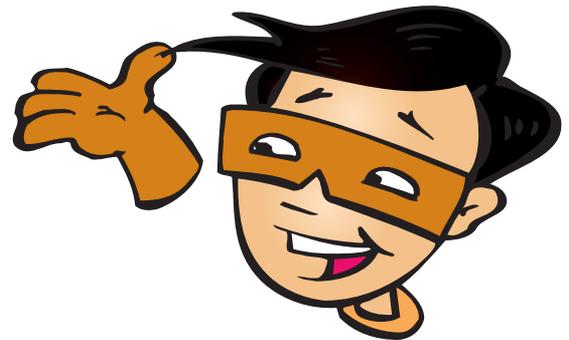
Grain Girl likes to eat whole grain snacks and to see you doing jumping jacks!



Do jumping jacks.

© 2012

Grain Boy says, “Here’s the call. Do arm circles both big and small!”



Do large arm circles and small arm circles.

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Grain Girl wants you all to try to stretch your hands up to the sky.



Stretch and reach your arms.

© 2012

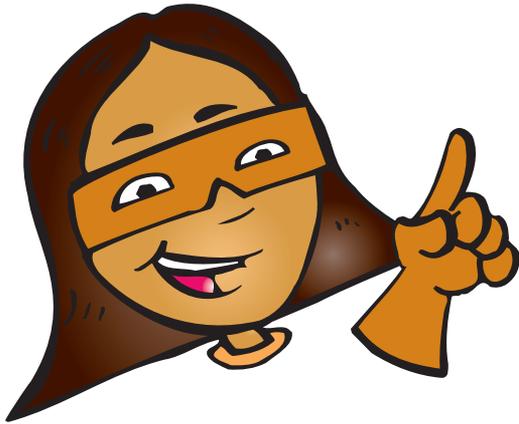
Grain Boy says, “Pretend to float on a lake and row a boat!”



Pretend to row a boat.

© 2012

**Grain Girl says,
“Now follow me
and start to march
now, one, two, three!”**



March in place.

© 2012

**Grain Boy says
to have fun trying to
act like a bird and
pretend you're flying.**



**Move your arms up
and down as if you are
flying.**

© 2012

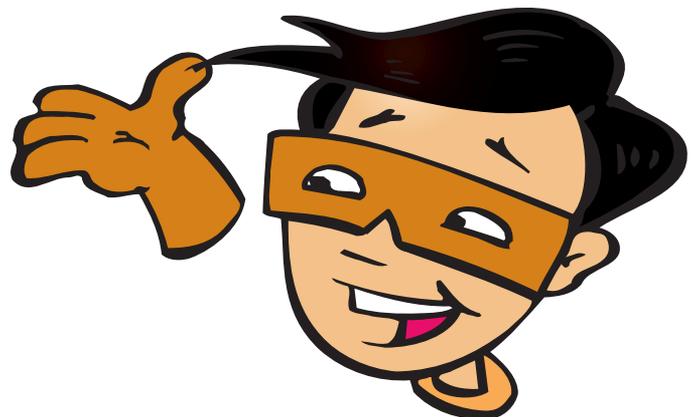
**Grain Girl wants to see
you reach high and low!**



**Reach your arms up
high, then bend down to
touch your toes.**

© 2012

**Grain Boy says, “Let me
see you spin around like
the merry-go-round on
the playground.”**



Spin around two times.

© 2012

PHYSICAL ACTIVITIES

Grades K-2 & 3-5

Relay Races

Preparation: Bring in materials needed for races.

Equipment: See individual races below.

Space: Gym or classroom

Directions:

1. For each race below divide students into teams.
2. Have each team line up at one end of the room.
3. The first team to have all the students complete the task and sit down is the winner of that race.

Races:

#1 Students will carry three unpopped popcorn kernels in a plastic spoon while walking from one end of the room (or gym) to the other.

Materials needed: Plastic spoons and unpopped popcorn kernels

#2 Students will walk to the opposite end of the room (or gym) and scoop three cups of brown rice from one bowl to the other then go back.

Materials needed: Large bowls, measuring cups and uncooked brown rice

#3 Students will carry a zip-lock-taped bag of whole wheat flour while hopping (or on their tummy while doing the crab walk) from one end of the room (or gym) and back.

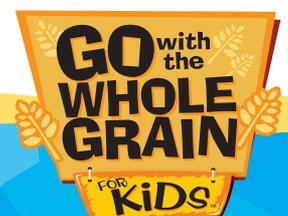
Materials needed: Zip-lock bags filled with whole-wheat flour and taped securely shut so they won't break open

#4 Students will walk or run to the opposite end of the room (or gym) with a bowl of whole grain cereal (no milk!) and then walk/run back.

Materials needed: Bowls with whole grain cereal

#5 Students will walk to the opposite end of the room and back on tip-toe carrying a bowl or small pail of uncooked oats.

Materials needed: Bowls or small pails and uncooked oats



PHYSICAL ACTIVITIES

Grades K-2

Popcorn Popping

Preparation: None

Equipment: None

Space: Classroom or Gym

Directions:

1. Read the rhyme or have students say it with you.
2. Students will do the actions in the rhyme. If there is more time or to add variety, the leader can add other activities.
3. When the leader says POP the students all jump up.

Popcorn Popping Rhyme

Popcorn, popcorn a crunchy snack, (Students are standing and recite the rhyme with the leader)
Put it in a bowl or eat it from a sack.
It's a whole grain food I like a lot.
Let's put it in the popper and make it hot!

Sizzle, sizzle, sizzle, popcorn walk! (Students walk around the room)

Sizzle, sizzle, sizzle, popcorn hop! (Students hop)

Sizzle, sizzle, sizzle, popcorn skip! (Students skip)

Sizzle, sizzle, sizzle, popcorn march! (Students march)

(Leader can add other activities)

Now the popcorn is getting hot!

All the kernels get down and squat! (Students squat waiting to hear POP)

Sizzle, sizzle, sizzle, (Add as many sizzles as you wish so that students are surprised when you say "pop")

POP!!!! (Students jump up)

