

# 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.



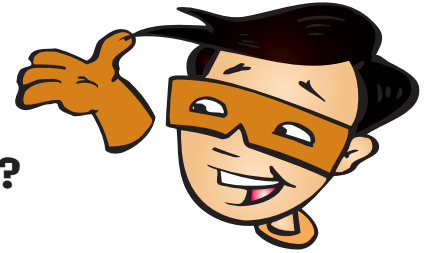
## E-mail messages to the Whole Grain Heroes:

#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**

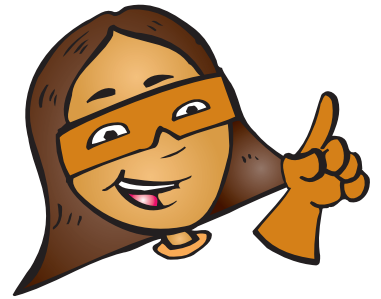


#2

**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**

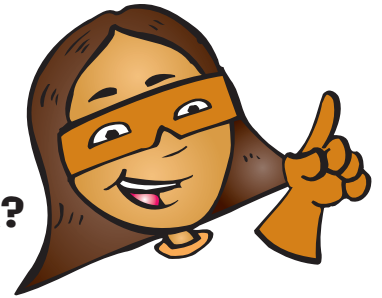


**#7**

**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**

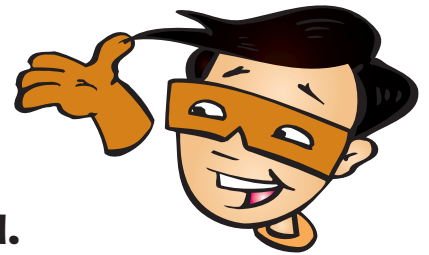


**#8**

**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**



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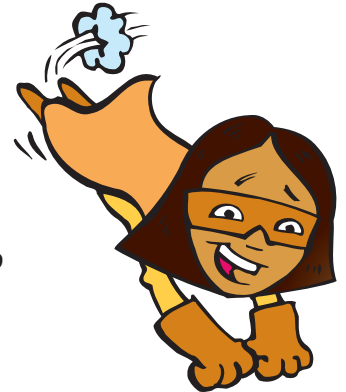
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**#11**

**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**



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**#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**



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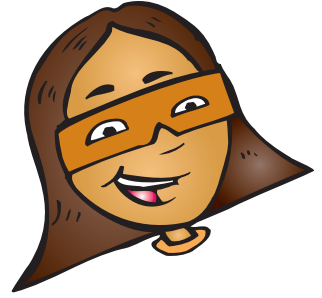
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**#13**

**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**



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**#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**



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## 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**