

SLIDE PROGRAM NOTES

Grades 3-5

Cover Slide



Slide #1

JORDAN: "Let's see, everybody likes cereal for breakfast," Jordan said. "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 GIRL: "Of course it does!" said a voice.

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

JORDAN: "Whole grain heroes?" Jordan asked.

GRAIN BOY: "That's right, and the kind of cereal you get does matter. The best kinds of cereal taste great and have whole grain as the first ingredient."



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Slide #2

ALLIE: "Oh, I know what you're talking about," Allie said. "You mean cereal made from grains – from the Grains Group like on the MyPlate pyramid that we learned about in school."

JORDAN: "Wait a minute, Allie," Jordan whispered to her, "isn't all cereal made from grains?"

ALLIE: "Well," she whispered back, "they said something about whole grains; maybe some of them are made with half grains."

JORDAN: "Or maybe whole grains have holes in them," he whispered.

NARRATOR: Suddenly Grain Boy and Grain Girl burst out laughing.

GRAIN BOY: "You two have a lot to learn about grains," he said.

GRAIN GIRL: "I'd say this calls for a little Grain Brain Training," Grain Girl said. "Okay, let's start with the basics."



Slide #3

GRAIN GIRL: "Grains are actually seeds. 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 #4

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."

NARRATOR: He 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."



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Slide #5

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.

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 #6

ALLIE: "But how do they get from growing in the field to pancakes on my plate?" she asked.

GRAIN BOY: "Once the grains are harvested," Grain Boy said, "they're brought to a mill. At the mill the grains are ground into flour and that's what we use to make all those great tasting grain foods."

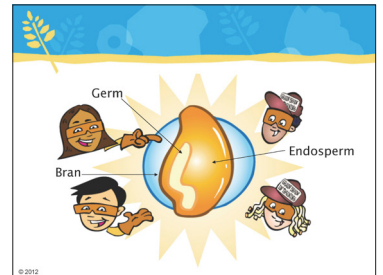
JORDAN: "So what about the grains with the holes in them – what happens to them?" Jordan asked.

GRAIN GIRL: "There isn't any hole," Grain Girl said, laughing. "Whole grain means using the whole thing."

GRAIN BOY: "You need some *grain gear* so you can see what a whole grain looks like," Grain Boy said, putting an eye mask on Jordan and showing him a grain kernel.

NARRATOR: With the mask on, Jordan could see the inside and the outside of the grain kernel.

GRAIN BOY: "The outside part is called the bran. It's like a shell that protects what's inside. The bran gives you fiber, a nutrient which can help your digestion. The inside is the starchy part and is called the endosperm. It has protein and carbohydrates that give 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 and is full of important vitamins and minerals."



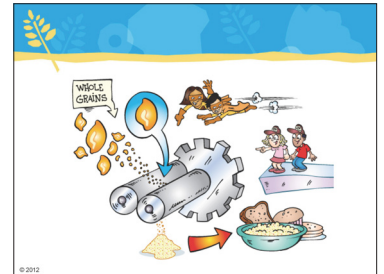
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Slide #7

GRAIN GIRL: "When foods are made from whole grains it means that the *whole* grain – with all three parts – is ground into flour," Grain Girl said.

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?



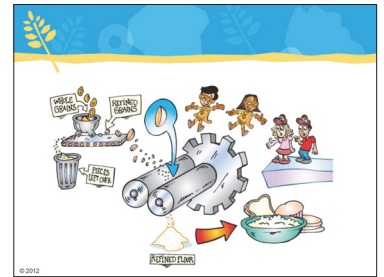
Slide #8

GRAIN GIRL: "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."

ALLIE: "Is that bad?" Allie 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 #9

JORDAN: "Why are whole grains heroes?" Jordan 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?



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Slide #10

JORDAN: "This is sounding kind of complicated," 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 not so complicated. It'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 #11

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 isn't so hard."

ALLIE: "But wait a minute," Allie said. "I'm not sure I would know which cereals were made with whole grains and which ones weren't if you didn't tell me."



Slide #12

GRAIN BOY: "Now that is easy," Grain Boy said.

NARRATOR: He waved his wheat wand and the cereal box label was suddenly bigger than they were.

GRAIN BOY: "I'll show you the big picture. Whenever you see a *whole grain* on the ingredient label – like whole grain corn or whole wheat – you know the food is made with whole grain. Look for foods that have a whole grain listed first to help you make a good whole grain choice."



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Slide #13

JORDAN: "Okay," Jordan said, "So 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."

GRAIN GIRL: "You've probably seen this before," Grain Girl said.

JORDAN: "Oh, sure," Jordan said. "That's MyPlate. We learned about that in school."

GRAIN GIRL: "You can see that the orange part of MyPlate is the Grains Group," Grain Girl explained. Grains are really important and that's why they're part of MyPlate. It's a good reminder to start your day with grain foods and to eat them in your meals and snacks all day long so that you have energy to keep going strong. According to MyPlate, you should have five to six servings of foods made with grains and three of them should be made with whole grains. You can remember it this way:

I want to be strong and I want to grow!

So here's what I eat, because here's what I know.

Five to six servings of grains – that's my goal.

And half of those servings of grains should be whole!

ALLIE: "No problem," Allie said. "I eat cereal for breakfast 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 #14

GRAIN BOY: "Sure," Grain Boy 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: I want to be strong and I want to grow. So here's what I eat because here's what I know. Five to six servings of grains – that's my goal. And half of those servings of grains should be whole.

