

# GET ON THE WHOLE GRAIN TRAIN

## Goal:

Children will know that whole grains are healthier for our bodies than other grains, and will help make a healthy recipe.

Activity/Recipe Materials:	Grocery List
MyPlate Image Pictures of whole grain foods (whole wheat bread, oatmeal, brown rice) & other grains (white bread, white rice, crackers) Plastic knives Mystery bag/bucket (optional)	Bananas (1 for every 4 children) Peanut butter (or sun butter or apple butter, if your program is nut-free) 100% whole wheat tortillas , (1 for every 2 children)

## Before Activity:

Review pages 14-16 (*Talking about Food, Cooking with Children, & Taste Testing*).

## Activity Plan:

- Briefly review MyPlate, including how each food group helps bodies to grow. (Refer to MyPlate for MyBody on page 19. Remember to do the motions!)
- Introduce the Grains Group.
  - *Today we will be looking at the grains group. Do you remember how grains help our bodies? They give us energy to run and play! (Do motion with children: jog in place.)*
- Ask children to help you place pictures of foods in the grains group. Point out pictures of the whole grains, and ask children to tell you what differences they see between whole grains and other grains.
- Play “Rabbits and Roos” (see next page). Tell children that this game uses a lot of energy, which we get from grains.
- **Optional Mystery Bag/Bucket:** Without children seeing, place a whole wheat tortilla in mystery bag. Follow mystery bag procedure on page 111.
- Explain that you will now be making a healthy snack using a whole wheat tortilla. Make recipe as described on next page.



## Similarities and Differences

Show children a piece of white bread and a piece of whole wheat bread. Ask children to tell you what differences and similarities they see. You could also use white rice and brown rice, or a white flour tortilla and a whole wheat flour tortilla).

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## **Peanut Butter Banana Wrap (for each child):**

- ¼ banana (cut lengthwise, so there is a flat side of the banana)
- Peanut butter (sun butter or apple butter may be used if your program is nut-free)
- ½ 100% whole wheat tortilla for each child

## **Directions:**

Spread desired amount of peanut butter on tortilla (spread a thin amount to reduce choking risk). Place piece of banana in tortilla and roll. Taste with children, asking them to tell you how it tastes. (Suggestion: Make a wrap for yourself first to show children an example.)

- Suggested questions: *What do you taste? Is it smooth, mushy, or crunchy? Is it sweet or salty?*

## ***Extending the Activity: Rabbits and Roos***

Help children make the connection between grains and using energy by playing this active game.

**Required Materials:** one hula hoop, floor spot, or carpet square per child

**Suggested Materials:** music

**Set up:** Spread out hoops or spots in activity area so each child has space to spread out arms.

### **How to Play:**

- Ask children if they know of any animals that jump (examples: rabbits, kangaroos, frogs, crickets, etc). Explain that you will now pretend to jump like kangaroos and rabbits
  - *“How do you think kangaroos jump?”* (Demonstrate a big, slow jump, encourage children to do the same.)
  - *“How do you think rabbits jump?”* (Demonstrate a small, quick jump; encourage children to do the same.)
- Ask children to jump long, big jumps when you call out “Roos,” and short, quick jump when you call out “Rabbits.” Use music to start and stop the activity (music that switches between upbeat and slow would be ideal, but not necessary).
- Call out Roos or Rabbits to have children switch from big, slow jumps to smaller, quicker jumps. Switch quickly to let kids burn off their energy!