

# TEACHER GUIDE

# Whole Grains

## KEY MESSAGES

**1** Whole grains give you long-lasting energy and keep your stomach healthy.

**2** Eating a whole grain is better for you than eating just part of the grain. White bread, white pasta and white rice contain just part of the grain.

**3** Grains like wheat and rice come from plants and grow on farms. Farmers harvest these plants to make whole grains that are used to make foods like whole grain bread.

**4** Whole grains include brown rice, oats and wheat.

## PART 1: ACTIVATE PRIOR KNOWLEDGE

**Discuss:** Ask students what they already know about the topic. Model your thought process. For example: “My favorite whole grain is oatmeal. When I eat oatmeal for breakfast, I feel full all morning and ready to learn!”

- What do bread, cereal and pastas have in common?
- What is your favorite food made from whole grains?
- Does anyone know where grains come from?

## PART 2: LEARN

Watch section 1 of the video as a whole group.

- Pause the video after section 1.



# TEACHER GUIDE | WHOLE GRAINS

## PART 3: PROCESS

**Discuss:** Ask questions about what students have learned in the video so far.

- Where do whole grains come from? Revisit this process, the term harvest, and explain that the farm vehicle they see is called a combine.
- What are some examples of whole grain foods?
- Why is eating whole grain foods good for you?

**Recap:** Summarize the prompts and ideas shared before moving on.

**Introduce:** Give an overview of what to expect in section 2 of the video

**Connect:** Explain why exercise and movement are important:

- We need to be active for one hour every day to stay healthy.
- Whole grains give us long-lasting energy to exercise, learn and play!

## PART 4: GET ACTIVE

Watch section 2 of the video as a whole group

- Follow along and exercise!



## PART 5: CLOSE

**Discuss:** Choose students to share on each prompt.

- What is one new thing you learned about whole grains?
- What whole grain food have you had today?
- What can you do to make sure you eat enough whole grain foods? Model your thought process, for example “Hmm. I don’t think I get quite enough whole grains in my day, so instead of having a sandwich on white bread for lunch, I am going to try a healthy, yummy whole grain bread!”

### Extend Learning

**Nutrition Mission:** Try to eat at least two whole grain foods per day this week!

**Parent take-home:** Encourage students to share the handout with their “grown-ups” and discuss what they’ve been learning.

