

## Is This a Whole Grain?

### I. Learning Objectives

1. Students will be able to name at least three whole grains.
2. Students will learn the difference between a whole grain and a refined grain.
3. Students will be able to identify the three different parts of a grain

### II. Introduction

- a. Show the students the grain poster with all the parts on it and tell them whole grains contain the bran, endosperm and the germ also tell them what can be found in each of the parts of the grain
- b. Pull off the germ and the bran to show them that the refined grains have just the endosperm and again tell them what is in the endosperm
- c. State that refined grains lose fiber, B vitamins, and other minerals in the process show them the parts that are lost and restate what is in them
- d. Tell the students refined grains are only fortified with some B vitamins ADD OTHERS
- e. State that MyPlate says to make half your grains whole

### III. Materials

- a. 15 different grains
  - i. Quinoa
  - ii. brown rice
  - iii. buckwheat
  - iv. couscous
  - v. bulgur
  - vi. graham flour
  - vii. oatmeal
  - viii. popcorn
  - ix. barley
  - x. whole kernel corn
  - xi. whole oats
  - xii. whole wheat bread
  - xiii. white bread
  - xiv. white rice
  - xv. white pasta
  - xvi. corn meal
  - xvii. white flour
- b. Grain name signs
- c. 15 claw magnets
- d. Whole grains poster
- e. White board marker

### IV. Directions

- a. Claw clip the baggies of the grains to the board
- b. Announce the different grains in no specific order
  - i. Quinoa
  - ii. brown rice
  - iii. buckwheat
  - iv. couscous
  - v. bulgur
  - vi. graham flour
  - vii. oatmeal
  - viii. popcorn
  - ix. barley

- x. whole kernel corn
- xi. whole oats
- xii. whole wheat bread
- xiii. white bread
- xiv. white rice
- xv. white pasta
- xvi. corn meal
- xvii. white flour

- c. Give each student or pairs of students the grain names so they either have one or a couple
- d. Have the students put the name next the baggie that they contains the grain
- e. Go over the names with the baggies and announce to the students what baggies are correct and what are wrong, the ones that are wrong see if the students can guess what grain really goes with the baggies that are wrong
- f. Draw a chart on the board with refined and whole as the two sections
- g. Have the students draw the chart on a piece of paper so that they can write the grains in the chart while they sort them
- h. Have the students work as a group to sort the grains between whole and refined grains
- i. Go over the chart and if grains are in the wrong group move them to the right group and tell them why. Read the grains that are whole and the grains that are refined

#### V. Wrap Up

- a. Tell the students where they can find their whole grains
- b. Remind them the three parts of the grain
  - i. Bran
  - ii. Endosperm
  - iii. Germ
- c. Remind them to make half of their grains whole