Food Group: Grains
Lesson 1

Worksheet: What Foods Are In The Grain Group?
Activity: Sample food from the grain group
1) Materials:

- Worksheet “What foods are in the grain group?”
  - One copy per child
- Crayons to color the worksheet*Depending on time limits*
- Blank piece of paper for each child
- Samples of foods from the grain group: (including but not limited to)
  - Whole grain bread
  - Rye bread
  - Oatmeal
  - Pasta (plain)
  - Rice
  - Dry cereal
  - Whole grain crackers
  - Muffin
  - Croissant
  - Tortilla/Taco shell
  - Popcorn
  - Wheat pasta

*** Remember to check for food allergies***

2) Introduction to lesson:

- Introduce yourself and any helpers to child(ren) if they do not already know you
- Tell the children they will learn about the grains group of the food pyramid today
- Hand out one sheet of paper to each child and have them tear it in half and write start on one and end on the other
- Ask the child(ren) to quickly list the foods they think are in the grain group on the start piece of paper. Collect their papers. (allow 1-2 minutes)
- Hand out the worksheet
- Remember to praise the child(ren) for their great list

3) Activity:

Go through the worksheet together naming the foods in the grain group.
If time allows have them color the sheet.
As they name the foods allow them to sample them.
When the activity is complete have them make another list of foods in the grain group on the end paper. Collect their lists and report results of their learning on the report form

4) Wrap-Up

- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office
What Foods Are In The Grain Group?

Word Bank

Whole Grain Bread  Oatmeal  Tortilla  Wheat Pasta
Popcorn  Rye Bread  Pasta  Muffin
Rice  Dry Cereal  Whole Grain Crackers  Croissant

Illustrations of various grain-related foods.
Worksheet Key

Rye Bread
Wheat Pasta
Whole Grain Bread
Pasta
Muffin
Tortilla
Popcorn
Rice
Croissant
Oatmeal
Dry Cereal
Whole Wheat Crackers
Chapter:  __________________________ Report Filled Out By: __________________________

Type of site:  __________________________

Target Group:  (Nutrition Buddies Projects must focus on eligible nutrition education activities provided in schools or groups with **50% or higher** number of students receiving free national school lunch)

- ______ Entire School  
- ______ Church group  
- ______ Specific grade level (what grade)  
- ______ Community partner ________________________  
- ______ After school group  
- ______ One on One Mentorship  
- ______ Other: __________________________

Audience:

**New Nutrition Buddies**  
(*If unknown include all Buddies as new*)

Number in age group

- Birth to 5______  
- 6 to 10______  
- 11 to 14______  
- 15 to 18______ **Totals=** ______

- ______ Total number of youth that participated  
- ______ Percentage of youth who receive reduced or free lunches (must be at least 50%)  
- ______ Family Audience Taught  (if applicable)

**Returning Nutrition Buddies**  
(*If unknown include all Buddies as new*)

Number in Age Group

- Birth to 5______  
- 6 to 10______  
- 11 to 14______  
- 15 to 18______ **Totals=** ______

**Describe evidence of learning you witnessed in the child(ren) from the beginning of the capsule session to the completion of the capsule based on their lists.**  
(Ex. They listed 4 foods in the group at the beginning but learned 6 more foods while completing the worksheet)

**Based on your observations rank the child(ren)’s level of knowledge (0-10) on this food group at the beginning of the capsule session and at the end of the capsule session.**  
(0-little to no knowledge – 10-know it all!)

- Beginning __________  
- Completion __________

- Comments:  
- Comments:  

**List any comments you have on this capsule and/or ways it could be improved:**

Please send completed forms to MN FCCLA PO Box 131386 Roseville MN 55113