

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\*\*\*

### 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

### 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

### 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?

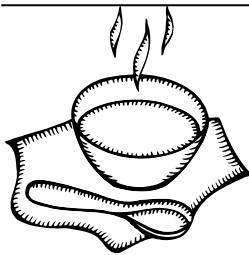
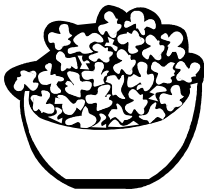
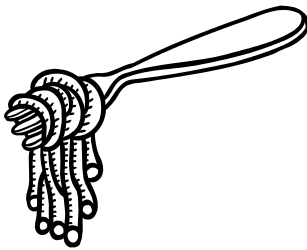
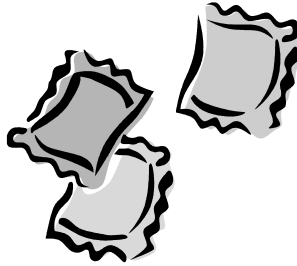
## Word Bank

Whole Grain Bread  
Popcorn  
Rice

Oatmeal  
Rye Bread  
Dry Cereal

Tortilla  
Pasta  
Whole Grain Crackers

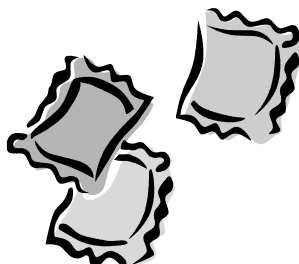
Wheat Pasta  
Muffin  
Croissant



## Worksheet Key



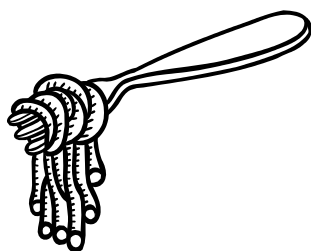
Rye Bread



Wheat Pasta



Whole Grain Bread



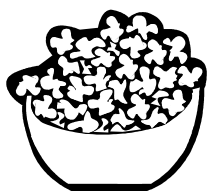
Pasta



Muffin



Tortilla



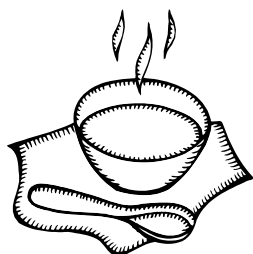
Popcorn



Rice



Croissant



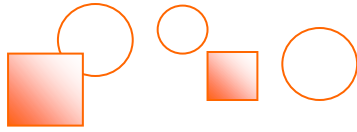
Oatmeal



Dry Cereal



Whole Wheat Crackers



# Evaluation & Report Form



**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=** \_\_\_\_\_

### 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=** \_\_\_\_\_

\_\_\_\_\_ 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)

**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:**