

Food Group: Grains
Lesson 3



Activity: Grain group memory

1) Materials:

- Memory cards
-One set for every 4-5 children

3) Activity:

Children play memory game with the grains group cards

Purpose of game is to find pairs of matches

Lay all the cards face down on a table or the floor

Taking turns children turn over one card then try to find the match to that card

If a match is found the child keeps the pair and goes again, if not the cards are flipped over and the next child takes a turn

Game is over when all of the pairs have been matched (or time runs out on your session)

2) Introduction to lesson:

- Introduce yourself and any helpers to child(ren) if they do not already know you
- Tell the children they will play a game to review what they have learned about the grains group
- Divide the children into groups of 4-5 children per group
- Hand out the memory cards-one set to each group

4) Wrap-Up

- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office

Tortilla



Tortilla



Pasta



Pasta



Whole Grain Crackers



Whole Grain Crackers



Whole Wheat Pasta



Whole Wheat Pasta



Muffin



Muffin



Croissant



Croissant



Rice



Rice



Whole Grain Bread



Whole Grain Bread



Popcorn



Popcorn



Oatmeal



Oatmeal



Rye Bread



Rye Bread



Cereal



Cereal



Pancake = Compact Disc



Pancake = Compact Disc



1/2 cup cooked rice =
cupcake wrapper



1/2 cup cooked rice =
cupcake wrapper



1 piece cornbread = bar of
soap



1 piece cornbread = bar of
soap



1 slice bread = audio
cassette tape



1 slice bread = audio
cassette tape



1 cup cereal = tennis ball



1 cup cereal = tennis ball

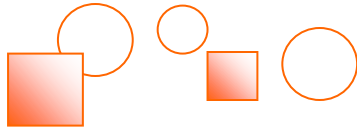


1 roll = bar of soap



1 roll = bar of soap





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 (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: