

Lesson 5: Make Half of Your Grains Whole

Activity Bin Materials and Instructions

Storage Bin Size Needed: 16" (L) x 11" (W) x 6" (H), (15 Quart size). Label all items as noted, and place in the bin.

Lesson Activity	Materials Needed	Instructions*
Bin labels	<ul style="list-style-type: none"> • White easy peel labels 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 5: Make Half Your Grains Whole, Activity Bin Labels</i>. 2) Print the outside bin and inside lid labels on the white easy peel labels. 3) Put the outside bin label on the outside of the bin, and put the inside lid label on the underside of the bin lid.
Not applicable; for display throughout class	<ul style="list-style-type: none"> • <i>MyPlate</i> poster • Painter's tape 	<ol style="list-style-type: none"> 4) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, MyPlate Posters</i>. 5) Print and laminate a copy of the MyPlate poster in English and/or Spanish depending on your needs. 6) Painter's tape can be used to hang the MyPlate poster during class to avoid damaging walls or other surfaces.
All activities	<ul style="list-style-type: none"> • Call bell 	<ol style="list-style-type: none"> 1) Purchase call bells for all activity bins (8 total). 2) Put 1 call bell in each bin.
Welcome and Reflect	<ul style="list-style-type: none"> • Back page of the <i>Fruits and Veggies: Half Your Plate</i> worksheet • 1 large manila envelope 	<ol style="list-style-type: none"> 1) Print 3 copies of the back page of the <i>Lesson 4: Fruits and Veggies: Half Your Plate</i> worksheet, and laminate them. 2) Place in a large manila envelope. 3) Label the envelope "Lesson 5: Laminated worksheets from previous lesson".

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Anchor and Whole grains	<ul style="list-style-type: none"> • Grain food pictures <ul style="list-style-type: none"> ○ Bagel ○ Biscuit ○ Grits ○ Pita bread ○ Rye bread ○ Graham crackers ○ White bread ○ Snack crackers ○ Hamburger bun ○ Cheddar cheese crackers ○ Bran flakes ○ Rye crackers ○ Saltine crackers ○ Corn flakes ○ Granola ○ English muffin ○ Muffin 	<ul style="list-style-type: none"> ○ Dinner roll ○ Hot dog bun ○ Pancake ○ Oatmeal ○ Pasta ○ Egg noodles ○ Soba noodles ○ Rice ○ Brown rice ○ Couscous ○ Polenta ○ Whole wheat dinner roll ○ Whole wheat bread ○ Wild rice ○ Tortilla ○ Taco shell ○ Whole wheat waffle <ul style="list-style-type: none"> • 1 large, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 5: Make Half Your Grains Whole, Grain Dairy Council Food Models/Pictures.</i> 2) Print and laminate each picture with the food picture on the front and the Nutrition Facts Label on the back. 3) Place all laminated pictures in a sealable plastic bag. 4) Label the bag “Lesson 5: Grain food pictures.”
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<p>Whole grains</p>	<ul style="list-style-type: none"> • 12, 1 ½ oz. clear glass jars with lids OR 12 jewelry size sealable plastic bags – several varieties are available for purchase through online stores such as Amazon • Raw (uncooked) grains (1 oz. of each) <ul style="list-style-type: none"> ○ Amaranth ○ Barley ○ Brown rice ○ Buckwheat ○ Bulgur ○ Millet ○ Cut oats (oatmeal) ○ Whole oats ○ Popcorn ○ Quinoa ○ Wild rice ○ Whole wheat kernels • Tight-fitting box (if using glass jars) or 1 large, sealable plastic bag (if using smaller bags) • Brown rice and wild rice food labels • 1 large, sealable plastic bag 	<ol style="list-style-type: none"> 1) Purchase the raw, uncooked grains. 2) Label each jar or plastic bag with the grain name. 3) Place 1 oz. of the corresponding grain in the appropriately labeled jar or bag. 4) Place the jars in a tight-fitting box OR plastic bags in a larger plastic bag. Label the box/bag “Lesson 5: Whole grain samples”. 5) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 5: Make Half Your Grains Whole, Food Labels</i>. 6) Print and laminate the pictures for brown rice and wild rice with the food picture on the front and the Nutrition Facts Label on the back. 7) Place the pictures in a sealable plastic bag. 8) Label the bag “Lesson 5: Rice food labels”.
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<p>Finding whole grains</p>	<ul style="list-style-type: none"> • Grain food labels <ul style="list-style-type: none"> ○ 3 to 4 labels of grain foods with the claims “made with whole grains” or “contains whole grains” ○ Whole grains <ul style="list-style-type: none"> ▪ Brown rice ▪ Wild rice ▪ 100% whole wheat bread ▪ Multigrain bread ▪ Bran flakes cereal ▪ Cheerios cereal ▪ Whole wheat flour ▪ Whole wheat tortilla ▪ Quinoa ▪ Oatmeal ○ Refined grains <ul style="list-style-type: none"> ▪ All-purpose flour ▪ Frozen waffles ▪ Enriched long grain rice ▪ Flour tortillas ▪ Plain bagels ▪ Reduced Fat Wheat Thins ▪ Mini bagels ▪ White bread ▪ Corn tortillas ▪ Nature Valley granola bars 	<ul style="list-style-type: none"> ○ Cereals <ul style="list-style-type: none"> ▪ Crispix cereal ▪ Crispy rice cereal ▪ Crunch berries cereal ▪ Lucky Charms cereal ▪ Frosted Shredded Wheat cereal ▪ Honey Bunches of Oats cereal ▪ Honey Nut Cheerios cereal ▪ Corn Pops cereal • 2 large, sealable plastic bags 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 5: Make Half Your Grains Whole, Food Labels.</i> 2) Print and laminate all pictures with the food picture on the front and the Nutrition Facts Label on the back. 3) Place the labels that say “made with whole grains” or “contains whole grains” in a sealable plastic bag. 4) Label the bag “Lesson 5: Made with or contains whole grains”. 5) Place the refined grains and whole grains labels in a sealable plastic bag. 6) Label the bag “Lesson 5: Whole Grain and Refined Grain food labels”.
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Let's be active!	<ul style="list-style-type: none"> • Music Equipment to play music 	<ol style="list-style-type: none"> 1) Pack upbeat music with a moderately fast tempo. 2) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Music</i> for examples of music with the appropriate tempo for this segment. 3) Pack equipment to play the music so that participants can hear it (CD player, speakers, etc.).
Let's cook!	<ul style="list-style-type: none"> • Laminated Let's Cook! Station Set-up and Recipe Scripts for: <ul style="list-style-type: none"> ○ Rice Salad ○ Black Bean and Couscous Salad ○ Grilled Quesadilla with Vegetables ○ Pasta Salad • 1 plastic accordion folder • Hair ties • 1 small, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 5: Make Half Your Grains Whole, Let's Cook! Station Set-Up and Recipe Scripts</i>. 2) Print the Let's Cook! Station Set-Up and Recipe Scripts for all of the lesson's recipes. 3) Label the plastic accordion folder "Let's Cook! Station-Set up and Recipe Scripts for Lesson 5." Put the Station Set-Up and Recipe Scripts in the accordion folder. 4) Purchase a large pack of hair ties. Store them in a small, sealable bag in the bin. DO NOT store hair ties with food or food preparation equipment.
Ounce equivalents	<ul style="list-style-type: none"> • 1 cup dry measuring cup • ½ cup dry measuring cup 	<ol style="list-style-type: none"> 1) Purchase plastic measuring cups.
Plan a breakfast	<ul style="list-style-type: none"> • Grain food pictures • 6 small boxes of crayons or colored pencils 	<ol style="list-style-type: none"> 1) Purchase boxes from crayons or boxes of colored pencils from a local or online retailer.
Enhancement: Dry Measuring Cup Demonstration	<ul style="list-style-type: none"> • <i>Eating Smart • Being Active</i> stacking dry measuring cups • 1 cup clear liquid measuring cup • 1 butter/table knife • 1 large, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Order Materials</i> to purchase dry measuring cups. 2) Purchase a 1 cup liquid clear measuring cup and 1 butter/table knife. 3) Label the plastic bag "Dry versus Liquid Measuring cups". Put the measuring cups and butter/table knife in the bag.

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Preview of the next lesson	<ul style="list-style-type: none">• <i>Eating Smart • Being Active Let's Cook!</i> cookbook• Post-it notes or page flags	<ol style="list-style-type: none">1) Label a copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook, "Recipes for Protein".2) Using Post-its, flag the recipes for <i>Lesson 6: Go Lean with Protein</i>: Simple Fish Tacos, Lentil Tacos, Tuna Salad, Chili Tomato Beefy Macaroni, and Healthy Refried Beans.
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Quantities are based on a class size of 12 participants. If you regularly have larger classes, please increase amounts accordingly.