

## **Lesson 5: Make Half of Your Grains Whole**

### **Activity Bin Contents 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.

<b>Lesson Activity</b>	<b>Materials Needed</b>	<b>Instructions*</b>
Bin labels	<ul style="list-style-type: none"> <li>• White easy peel labels</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 5: Make Half Your Grains Whole, Activity Bin Labels</i>.</li> <li>2) Print the outside bin and inside lid labels on the white easy peel labels.</li> <li>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.</li> </ol>
For display throughout class	<ul style="list-style-type: none"> <li>• <i>MyPlate</i> poster</li> <li>• Painter's tape</li> </ul>	<ol style="list-style-type: none"> <li>4) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, MyPlate Posters</i>.</li> <li>5) Print and laminate a copy of the <i>MyPlate</i> poster in English and/or Spanish depending on your needs.</li> <li>6) Painter's tape can be used to hang the <i>MyPlate</i> poster during class to avoid damaging walls or other surfaces.</li> </ol>
All activities	<ul style="list-style-type: none"> <li>• Call bell</li> </ul>	<ol style="list-style-type: none"> <li>1) Purchase call bells for all activity bins (8 total).</li> <li>2) Put 1 call bell in each bin.</li> </ol>
Welcome and reflect	<ul style="list-style-type: none"> <li>• Back page of the <i>Fruits and Veggies: Half Your Plate</i> worksheet</li> <li>• 1 large manila envelope</li> </ul>	<ol style="list-style-type: none"> <li>1) Print 3 copies of the back page of the <i>Lesson 4: Fruits and Veggies: Half Your Plate</i> worksheet, and laminate them.</li> <li>2) Place in a large manila envelope.</li> <li>3) Label the envelope "<b>Lesson 5: Laminated worksheets from previous lesson</b>".</li> </ol>

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<p>Anchor-Today's lesson: Grains</p>	<ul style="list-style-type: none"> <li>• Grain Group Dairy Council food models (33)             <ul style="list-style-type: none"> <li>○ Bagel</li> <li>○ Biscuit</li> <li>○ Grits</li> <li>○ Pita bread</li> <li>○ Rye bread</li> <li>○ Graham crackers</li> <li>○ White bread</li> <li>○ Snack crackers</li> <li>○ Hamburger bun</li> <li>○ Cheddar cheese crackers</li> <li>○ Bran flakes</li> <li>○ Rye crackers</li> <li>○ Saltine crackers</li> <li>○ Corn flakes</li> <li>○ Granola</li> <li>○ English muffin</li> <li>○ Bran muffin</li> </ul> </li> <li>• 1 large, sealable plastic bag</li> </ul>	<ul style="list-style-type: none"> <li>○ Dinner roll</li> <li>○ Hot dog bun</li> <li>○ Pancake</li> <li>○ Oatmeal</li> <li>○ Pasta</li> <li>○ Egg noodles</li> <li>○ Soba noodles</li> <li>○ Rice</li> <li>○ Brown rice</li> <li>○ Couscous</li> <li>○ Polenta</li> <li>○ Whole wheat dinner roll</li> <li>○ Whole wheat bread</li> <li>○ Tortilla</li> <li>○ Taco shell</li> <li>○ Whole wheat waffle</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 5: Make Half Your Grains Whole, Grain Dairy Council Food Models</i>.</li> <li>2) Print and laminate food model with the food picture on the front and the Nutrition Facts Label on the back.</li> <li>3) Place all laminated food models in a sealable plastic bag.</li> <li>4) Label the bag "<b>Dairy Council Food Models: Grain Group (33)</b>".</li> </ol>
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Whole grains	<p>Grains samples</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Raw (uncooked) grains (1 oz. of each) <ul style="list-style-type: none"> <li>○ Amaranth</li> <li>○ Barley</li> <li>○ Brown rice</li> <li>○ Buckwheat</li> <li>○ Bulgur</li> <li>○ Millet</li> <li>○ Cut oats (oatmeal)</li> <li>○ Whole oats</li> <li>○ Popcorn</li> <li>○ Quinoa</li> <li>○ Wild rice</li> <li>○ Whole wheat kernels</li> </ul> </li> <li>• “Description of Whole Grain Samples” laminated sheet</li> </ul> <p>Tight-fitting box (if using glass jars) or 1 large, sealable plastic bag (if using smaller bags)</p>	<ol style="list-style-type: none"> <li>1) Purchase the raw, uncooked grains.</li> <li>2) Label each jar or plastic bag with the grain name.</li> <li>3) Place 1 oz. of the corresponding grain in the appropriately labeled jar or bag.</li> <li>4) Place the jars in a tight-fitting box OR plastic bags in a larger plastic bag. Label the box/bag “<b>Lesson 5: Grain samples</b>”.</li> <li>5) Print and laminate the “Descriptions of Whole Grain Samples” and place in the bag with the samples.</li> </ol>
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	<p><u>“Brown rice and wild rice” product labels (8):</u></p> <ul style="list-style-type: none"> <li>● Brown rice <ul style="list-style-type: none"> <li>○ Minute brown rice</li> <li>○ Great Value brown rice</li> <li>○ Mahatma brown rice</li> <li>○ Minute brown &amp; wild rice</li> </ul> </li> <li>● Wild rice <ul style="list-style-type: none"> <li>○ Rice a Roni long grain &amp; wild rice</li> <li>○ Lundberg wild rice blend</li> <li>○ Gourmet House wild rice</li> <li>○ Maitreya wild rice</li> </ul> </li> <li>● 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 5: Make Half Your Grains Whole, Product Labels</i>.</li> <li>2) Print and laminate the product labels for brown rice and wild rice with the product picture on the front and the Nutrition Facts Label on the back.</li> <li>3) Place the product labels in a sealable plastic bag.</li> <li>4) Label the bag <b>“Brown rice and wild rice product labels” (8)</b>.</li> </ol>
	<p><u>“Baked with whole grains” or “Contains whole grains” product labels (6):</u></p> <ul style="list-style-type: none"> <li>● Graham crackers</li> <li>● Goldfish crackers</li> <li>● 100% whole wheat bread</li> <li>● Ritz crackers (whole wheat)</li> <li>● Wheat Thins</li> <li>● White bread made with whole grains</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 5: Make Half Your Grains Whole, Product Labels</i>.</li> <li>2) Print and laminate the product labels for “Baked with” or “Contains whole grain” product labels with the product picture on the front and the Nutrition Facts Label on the back.</li> <li>3) Place the product labels in a sealable plastic bag.</li> <li>4) Label the bag <b>“Baked with whole grains” or “Contains whole grains” product labels (6)</b>.</li> </ol>

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<p>What makes it a whole grain?</p>	<p><b>Grain product labels:</b></p> <ul style="list-style-type: none"> <li>• <u>Whole grains (11)</u> <ul style="list-style-type: none"> <li>○ Ortega taco shells</li> <li>○ Whole wheat flour</li> <li>○ Whole grain rotini</li> <li>○ Old-fashioned oats</li> <li>○ Wheat Thins</li> <li>○ 100% whole wheat bread</li> <li>○ Kroger whole wheat tortillas</li> <li>○ Triscuit crackers</li> <li>○ Frosted Mini Wheats</li> <li>○ Cheerios</li> <li>○ Lucky Charms</li> </ul> </li> <li>• <u>Refined grains (11)</u> <ul style="list-style-type: none"> <li>○ Mission carb balance tortillas</li> <li>○ All-purpose flour</li> <li>○ Spaghetti noodles</li> <li>○ Long grain enriched rice</li> <li>○ Club crackers</li> <li>○ White Wonder bread</li> <li>○ Mission flour tortillas</li> <li>○ Ritz crackers (whole wheat)</li> <li>○ Honey Oats cereal</li> <li>○ Frosted Flakes</li> <li>○ Cap 'N Crunch</li> </ul> </li> <li>• 2 large, sealable plastic bags</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 5: Make Half Your Grains Whole, Product Labels.</i></li> <li>2) Print and laminate all pictures with the product label on the front and the Nutrition Facts Label on the back.</li> <li>3) Place the 11 “whole grain” product labels in a zip loc bag.</li> <li>4) Label the bag <b>“Whole grains product labels (11)”</b></li> <li>5) Place the 11 “refined grains” product labels in a different zip loc bag.</li> <li>6) Label the bag <b>“Refined grains product label (11)”</b></li> </ol>
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Let's cook!	<ul style="list-style-type: none"> <li>• <i>Let's Cook! Station Set-up and Recipe Scripts</i> for: <ul style="list-style-type: none"> <li>○ Rice Salad</li> <li>○ Black Bean and Couscous Salad</li> <li>○ Grilled Quesadilla with Vegetables</li> <li>○ Pasta Salad</li> </ul> </li> <li>• 1 plastic accordion folder</li> <li>• Hair ties</li> <li>• 1 small, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> 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>.</li> <li>2) Print the Let's Cook! Station Set-Up and Recipe Scripts for all of the lesson's recipes.</li> <li>3) Label the plastic accordion folder "<b>Let's Cook! Station-Set up and Recipe Scripts for Lesson 5.</b>" Put the Station Set-Up and Recipe Scripts in the accordion folder.</li> <li>4) Purchase a large pack of hair ties. Store them in a small, sealable bag in the bin. <b>DO NOT</b> store hair ties with food or food preparation equipment.</li> </ol>
Ounce equivalents	<ul style="list-style-type: none"> <li>• 1 cup dry measuring cup</li> <li>• ½ cup dry measuring cup</li> </ul>	<ol style="list-style-type: none"> <li>1) Purchase plastic measuring cups.</li> </ol>
Lesson enhancement: Dry Measuring Cup	<ul style="list-style-type: none"> <li>• <i>Eating Smart • Being Active</i> stacking dry measuring cups</li> <li>• 1 cup clear liquid measuring cup</li> <li>• 1 butter/table knife</li> <li>• 1 dinner spoon</li> <li>• 1 large, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Order Materials</i> to purchase dry measuring cups.</li> <li>2) Purchase a 1 cup liquid clear measuring cup and 1 butter/table knife.</li> <li>3) Label the plastic bag "<b>Dry versus Liquid Measuring cups</b>". Put the measuring cups and butter/table knife in the bag.</li> </ol> <p style="text-align: center;">*Pack a medium bowl to measure flour over.</p>
Preview of the next lesson	<ul style="list-style-type: none"> <li>• <i>Eating Smart • Being Active Let's Cook!</i> cookbook</li> <li>• Post-it notes or page flags</li> </ul>	<ol style="list-style-type: none"> <li>1) Label a copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook, "<b>Recipes for Protein</b>".</li> <li>2) Using Post-its, flag the recipes for <i>Lesson 6: Vary your protein routine</i>: Simple Fish Tacos, Lentil Tacos, Tuna Salad, Chili Tomato Beefy Macaroni, and Healthy Refried Beans.</li> </ol>

*\*Quantities are based on a class size of 12 participants. If you regularly have larger classes, please increase amounts accordingly.\**