Lesson 3: Vote for Good Health with Whole Grains

Introduction

Performance Objectives

By the end of this lesson, students will be able to:
• State the health benefits of whole grain foods.
• State the recommended daily servings of whole grain foods.
• Advocate to family and peers to select three whole grain servings a day for health benefits.
• Set goals to eat more whole grain foods each day.

Theoretical Framework

Environment – assess current intake of whole grain foods
Behavioral skills – asking skills to have parents purchase whole grain foods
Self-control/management – setting goals to eat whole grain foods
Self-efficacy – practice skills to promote intake whole grain foods daily

Lesson Overview

Review previous lesson content and introduce new lesson – 5 minutes

Goal setting – 10 minutes
• Discuss goal setting and achievement (Worksheet #2).
• Describe the health benefits of whole grain foods.
• Discuss the recommended number of whole grain servings.
• Role play to advocate for health benefits and three servings of whole grain foods.
• Summarize health benefits and number of servings.
• Provide instructions for homework activity with family.

Debate to describe health benefits from whole grain foods – 25 minutes
• Two characters (The Kernel and Berry Wheat) participate in debate
• Students follow along and answer questions on the accompanying Worksheet #3 throughout the debate.
• Students vote for their favorite candidate.

Evaluation and closure – 5-10 minutes
• Summarize key points and answer questions.
• Review goals that students set and remind them to work on them for the next lesson.
• Collect worksheets and examine for accuracy. Distribute Quiz Bowl cards for Lesson 3 and use to review.
• Distribute parent newsletters and ask students to return completed homework activities found in the newsletter.
• Distribute whole grain “snack packs” for students to take home.
### Materials

**In-class activities:**
- Worksheet #1 Review of lesson #2
- Worksheet #2 Goal setting
- Worksheet #3 Debate questions
- Goal achievement handout
- Ballots

**Homework (activities included in the parent newsletter):**
- Finding Grain and Whole Grain Foods Word Scramble
- How Many Whole Grain Foods Did You Eat Today?
- Quiz Bowl cards.

**Materials**
- Script for debaters (see attached)
- Costumes (see attached descriptions)
  - The Kernel
  - Berry Wheat
- Podium or stage for debate
- Ballot box (decorate a shoebox with colored paper and different grains)

### Getting Ready

1. Review the lesson plan and troubleshoot potential problems.
2. Obtain and prepare materials.
3. Prepare costumes and ballots and ballot box, and purchase snack packs.

### Introduction

1. Review the previous lesson content (Worksheet #1) and homework. List two ways to identify a whole grain food.

2. Tell students that the purpose of this lesson is to learn about the health benefits of whole grain foods, and the number of servings of whole grain foods that are recommended for children to eat each day.

3. Review the agenda – explain that students will 1) observe a debate to help determine health benefits, 2) assess their whole grain food intake, 3) promote the health benefits of eating whole grain foods, and 4) set a goal to eat whole grain foods. Tell students what you expect them to be able to do by the end of the lesson.
Activity 1: Goal Setting
1. Ask for ideas from students about ways they decide to set goals (Worksheet #2). Ask for examples and explore motivations.

2. Describe the four steps of successful goal-setting (Worksheet #2) providing examples for each step regarding goals to eat more whole grain foods.

3. Recognize the need for change. Distribute parent newsletter and give instructions for completing the activity on page 3 in the newsletter to assess current whole grain intake.

4. Set a goal. Compare current intake to recommended intake (use 3 servings/day as a general guideline). Help students think about setting goals as small steps so they are realistic (e.g., switching to whole grain cereal for breakfast several days a week, using whole grain tortillas when making quesadillas, eating more popcorn).

5. Monitor activity related to the goal to keep track of your progress. Help students think about how they can tell if they are meeting their goal. Ask them to try to meet their goal over the next week and take a moment each evening to look back over the day to see if they are meeting their goal. Brainstorm about possible problems that may arise and ask students to suggest solutions (e.g., no whole grain cereal in the house, don’t like quesadillas, etc.).

6. Reward yourself for achieving the goal. Brainstorm with students about how they can accomplish this, possibly by keeping a record and drawing stars by days where the goal was met (Goal achievement handout).

Activity 2: Debate to describe health benefits from whole grain foods
1. Select adults or older children to play the roles of “The Kernel” and “Berry Wheat.” Ask them to review the script ahead of time and become familiar with the concepts. Arrange for candidates to wear costumes and read the script provided, personalizing to region and setting. Having candidates stand in front of the room using a podium helps keep attention focused on the script. Actors/actresses should read the script with enthusiasm and humor.

2. Ask students to follow along with the debate content by completing Worksheet #3 during the debate.
Evaluation/Closure

1. Distribute Quiz Bowl cards for Lesson 3 and use to review. Remind students about the Quiz Bowl event that will be held after the final lesson.

2. Collect completed worksheet(s) and examine for accuracy. Take notes regarding what sections in this lesson need to be reviewed in the next lesson. Take notes regarding the willingness of the students to set goals regarding consumption of whole grain snacks in a given time period.

3. Summarize the activities. What was the overall “message” of today’s lesson? Ask students to work on the goal they set during the lesson for next week. Close by encouraging students to tell their families what they have learned about whole grains in this lesson. Explain that in the next lesson, students will learn about menu planning and shopping for whole grain foods.

4. Ask students to complete the activities found in the parent newsletter which was distributed as part of the Goal Setting activity in this lesson. Ask students to complete the activities with their parents as homework and return the worksheets for the next lesson.

5. Distribute whole grain “snack packs” at dismissal.

Background Information

References/Resources

Find out more about the health benefits of whole grain foods at the following sites:
- [http://www.wholegrain.umn.edu/health/index.cfm](http://www.wholegrain.umn.edu/health/index.cfm)

More information about goal setting can be found at the following sites:
- [http://www.wholefitness.com/setgoals.html](http://www.wholefitness.com/setgoals.html)
- [http://www.eatfit.net/](http://www.eatfit.net/)
### Notes

**What health benefits are associated with eating whole grain foods?**

Whole grains can claim a wide array of health benefits. Whole grains contain fiber and traditional nutrients such as B vitamins, vitamin E, magnesium and iron. They also contain numerous disease-fighting phytochemicals and antioxidants.

Studies have shown that people who eat whole grains have lower body mass index, lower total cholesterol and lower waist-to-hip ratios. Various large epidemiological studies on a variety of different populations note that people who eat three daily servings of whole grains have been shown to reduce their risk of heart disease by 25-36%, stroke by 37%, Type II diabetes by 21-27%, digestive system cancers by 21-43%, and hormone-related cancers by 10-40%. Furthermore, in intervention studies where whole grains became a regular part of the diet, people showed improved blood glucose levels and insulin sensitivity.
The Great Whole Grains Debate Script

Format
Debate format between The Kernel, representing “The Power of 3 Party,” and Berry Wheat from “The Heart Healthy Grains Party.” The Moderator will be the instructor of the lesson. Candidates should stand in the front of the room (on a stage if possible) at a podium.

Moderator (Opening remarks):
Welcome to the presidential debate between the The Kernel from “The Power of 3 Party” and Berry Wheat from “The Heart Healthy Grains Party.” This debate promises to be most exciting and helpful as you think about the benefits of eating whole grain foods. The Kernel, a home town favorite, lives right here in ____________. The Kernel represents a whole grain kernel which includes the bran, germ and endosperm. Berry Wheat hails from the Red River Valley in the Midwest. Mr/Ms. Wheat is a grain of the number one Hard Red Spring Wheat type. This type of wheat is the source of the world’s finest bread flours.

At the end of the debate, the winner will be decided by your votes. The winner will go on to become the President of all Whole Grains at the ______________ Elementary School for the remainder of this year. Since you want to vote for the best candidate, you need to listen carefully. So let’s have a clean contest and may the best candidate win!!!!

The critical issues the candidates will discuss in today’s debate are:
1) Why should we eat whole grain foods every day?
2) How many servings of whole grain foods should children eat every day?
3) Should children set goals to eat whole grain foods every day?

We will now hear opening remarks from each candidate. The Kernel from “The Power of 3 Party” will have the first remarks.

The Kernel (Opening comments):
I represent all of the different kinds of whole grains: Wheat, Oats, Barley, Rye and Quinoa. I believe whole grains have many benefits. They help children to run, play and stay healthy. I believe in the “Power of 3” to give you energy, fill you up and keep your heart beating. The whole grain kernel is made up of the bran, germ and endosperm. Each part has something in it that can help you to be healthy.

I eat 3 or more whole grains every day. If I’m elected to office I will assure that all children in the ______________ Elementary School get their 3 or more servings of whole grain foods, every day!!!

Moderator:
We will now hear the opening comments from Berry Wheat representing the “The Heart Healthy Grains Party.”

Berry Wheat (Opening comments):
I reached my highest peak of fame in the manufacture of white flour. But I have seen the light and know that whole wheat flour can make good bread and cereal products too. I proudly proclaim the virtues of whole grain foods. I will represent all of the whole grain foods and promise to keep your heart in tip-top shape. Go whole grains the heart healthy way.

THE POWER OF 3: Get Healthy with Whole Grain Foods
Lesson 3: Vote for Good Health with Whole Grains

I believe all children should be eating 3 or more whole grain foods every day. Like my opponent, I eat 3 or more whole grains each and every day. If I am elected to office I promise that at least one whole grain food will be served at each meal in the __________ Elementary School Cafeteria each and every day. My motto is, Eat until your heart is content—from whole grain, that is.

**Moderator:**
Thank you candidates for a job well done!! Our first round of questions begins with the following question: Why should we eat whole grain foods everyday? I will repeat the question. Why should we eat whole grain foods everyday? Berry Wheat will respond to this question first. Berry, you may proceed.

**Berry Wheat (First round response):**
Scientists say that 3 or more servings of whole grain foods help to prevent heart disease and diabetes and might help to fight obesity. Foods like whole grain cereals, whole wheat bread and whole grain bagels keep your heart strong. Have a strong heart, eat 3 or more whole grain foods every day. In my opinion, stone-ground whole wheat flour is just about as good as it gets.

**Moderator:**
Thank you Berry, once again, a job well done!! The Kernel will now give his response to the first round question. Kernel, Why should we eat whole grain foods every day?

**The Kernel (First round response):**
I am responsible for helping children to run, play and keep healthy. Whole grain foods eaten 3 or more times a day keep your heart tickin’, your legs pumpin’ and your tummy from growlin’. Vote for me, I’m your candidate—to keep you healthy by the “Power of 3”.

**Moderator:**
Wow!!! You are full of yourself! This concludes the first round of questioning. Let’s move on to round 2. Kernel, you will be first to respond to the second round question. How many servings of whole grain foods should children eat every day?

**The Kernel (Second round response):**
I say, this is a serious question very dear to my heart. Yes, whole grain is surely good for the heart. There is no doubt that all children should eat 3 or more servings of whole grain foods each day. It saddens me that most of our young children only eat 1 serving of whole grain foods each day. Vote for me and you will get your Threeeee....servings....eeeeeach....and....every day.

**Moderator:**
Oh, Kernel you’re my hero!....... Well, let’s hear from Berry Wheat. I will repeat the question. How many servings of whole grain foods should children eat everyday?

**Berry Wheat (Second round response):**
I am distraught because most children do not eat enough whole grain foods. If I am elected I will personally see to it that there are 3 or more whole grain foods in every cupboard for each and every boy and girl. This is not enough—children must want to eat 3 or more servings of whole grain foods every day. Get your 3 or more and vote for me....... Have a heart!
Moderator:
Another great response from Berry! Berry Wheat’s response leads us right into our next question. The question is: Should children set goals to eat whole grain foods every day? Kernel, you will be the first to respond to this question. I will repeat the question: Should children set goals to eat whole grain foods every day?

The Kernel (Third round response):
When I was a young Kernel growing up in Oshkosh, Wisconsin, I set a goal of eating 3 or more servings of whole grain foods every day. Along with other healthy foods, whole grains gave me the energy to exercise and become big and strong—and to run for this important office. I have a vision where all boys and girls everywhere will eat their 3 or more whole grains—every day. Believe me, I can see a goal for Threeeeeee whole grains for all the children, and brothers and sisters and parents and grandparents and all the rest. “The Power of 3.” Listen to me”! The P.o.w.e.r of Threeeeee.”

Moderator:
Berry, what are your thoughts on children setting a goal to eat whole grain foods every day?

Berry Wheat (Third round response):
When I was a young Wheat Berry, Papa Wheat Berry always told us to eat 3 to have a healthy heart. And I said eat 3 what? Papa Wheat Berry said, If you want a healthy heart, eat 3 or more whole grain foods each and every day. Now it is my turn to say all you boys and girls set your sights on eating 3 or more servings of whole grains every day. If I am elected, I promise to help every boy and girl to eat their whole grains for a healthy heart—each and every day. I promise …I promise to help you to have a healthy heart, too!!!!!

Moderator:
We are now ready to hear the closing remarks from each of our candidates. Kernel, please go first.

The Kernel (Closing remarks):
Vote for me. I eat 3 or more whole grain foods every day. Boys and girls, set your goal to eat 3 or more whole grain foods every day! You can count on me to pave your way… vote for me! “The Power of 3.”

Moderator:
Thank you, Kernel. Now let’s hear from Berry Wheat.

Berry Wheat (Closing remarks):
Have a heart; eat 3 or more whole grain foods every day. Cast your vote with “The Heart Healthy Grains Party.” For a Terrific Ticker stick with me…. vote for me!

Moderator:
Thank you, Berry Wheat. The winner of this debate will be tough to decide. It may be very close. It looks like these candidates could be running for the same party. But only you can decide who is the best candidate to represent the ______________ Elementary School as President of “All Whole Grains.” Please vote now and put your ballots in the ballot box.

THE POWER OF 3: Get Healthy with Whole Grain Foods

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Preparing Costumes for Candidates

Design “The Kernel” and “Berry Wheat” costumes in a fun and easy way so the educators wearing the costume can interact with children to teach them more about whole grains and their importance in the diet (see Figure 1).

“The Kernel”
The person wearing the costume should start with a white button-down shirt representing the starchy white endosperm, and pair of tan dress slacks representing the wheat stalk.

Design a vest to represent the germ (golden brown solid or pattern). Secure with Velcro so it can be removed during the lesson to expose the endosperm underneath. Equip the vest with an elastic fastener on the left side that holds three test tubes.

Fill the three tubes with 1) a variety of colored wheat stalks, 2) Wheat kernels (also known as berries or seeds) and 3) freshly ground wheat flour.

The cape is brown, representing the outer bran of a wheat kernel. The cape can be removed, exposing the germ vest and endosperm shirt during the presentation. Along the cape arms, you can glue actual wheat kernels or seeds into a design to add interest.

An optional crown can be made of grass-like cording and wooden beads that can hold additional stalks of wheat secured by a rubber band. Rocking from side to side during the presentation will move the stalks in such a way that it will look like a wheat stalk swaying in the wind resistance.

“Berry Wheat”
The person wearing the costume should start with a long-sleeved red sweatshirt or tee shirt representing the wheat berry and pair of green sweatpants or casual slacks representing the wheat stalk.

Stuff the shirt with a small pillow to give the impression of a conical shaped seed.

Design a vest to represent the bran (dark brown solid color). Secure with Velcro so it can be removed during the lesson to expose the endosperm and germ underneath.

Berry Wheat should wear a conical shaped hat like a bicycle helmet (the type made to decrease wind resistance). Cover the helmet with light brown felt and decorate appropriately.

Figure 1. Examples of costumes worn during the debate.
Lesson 3

Worksheets
Lesson 3: Vote for Good Health with Whole Grains

Worksheet # 1

Let’s Review from Lesson 2: Which product is the whole grain item (circle)?

### Cereal Labels

<table>
<thead>
<tr>
<th>Cornflakes</th>
<th>Frosted Shredded Wheat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Nutrition Facts</strong></td>
</tr>
<tr>
<td>Serving Size 1 cup (30g)</td>
<td>Serving Size 1 cup (52g)</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Cereal &amp; milk</td>
<td>Cereal &amp; milk</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td>100</td>
<td>190</td>
</tr>
<tr>
<td><strong>Calories from fat</strong></td>
<td><strong>Calories from fat</strong></td>
</tr>
<tr>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td><strong>% Daily Value</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>0%</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td><strong>Total Fat</strong></td>
</tr>
<tr>
<td>0g</td>
<td>1g</td>
</tr>
<tr>
<td>0%</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td><strong>Sodium</strong></td>
</tr>
<tr>
<td>210mg</td>
<td>10mg</td>
</tr>
<tr>
<td>9%</td>
<td>0%</td>
</tr>
<tr>
<td>12%</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td><strong>Total Carbohydrate</strong></td>
</tr>
<tr>
<td>25g</td>
<td>44g</td>
</tr>
<tr>
<td>8%</td>
<td>15%</td>
</tr>
<tr>
<td>10%</td>
<td>17%</td>
</tr>
<tr>
<td><strong>Dietary fiber</strong></td>
<td><strong>Dietary fiber</strong></td>
</tr>
<tr>
<td>1g</td>
<td>5g</td>
</tr>
<tr>
<td>4%</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td><strong>Sugars</strong></td>
</tr>
<tr>
<td>4g</td>
<td>2g</td>
</tr>
<tr>
<td>4%</td>
<td>20%</td>
</tr>
<tr>
<td><strong>INGREDIENTS:</strong></td>
<td><strong>INGREDIENTS:</strong></td>
</tr>
<tr>
<td>Milled corn.</td>
<td>Whole grain wheat.</td>
</tr>
</tbody>
</table>

List two ways to identify whole grain foods:

1. 
2. 

Write down the name of a whole grain food that you ate in the school cafeteria this past week. __________________________________________
Worksheet #2

Directions: Think about the following question. Write down your ideas in the space provided.

1. How do you decide to set a goal?

Four steps that can help you reach your goal:

1) Decide what you need to change and why.
2) Set a goal. Make sure it is something you can achieve and not the impossible. Make a plan. Pace yourself to get to your goal in small steps.
3) Keep track of your progress. Look back over the last few days or a week to see if you are meeting your goal. If you have problems meeting your goal, find ways to solve them. Ask for help from family and friends. Give yourself a break—don’t be so hard on yourself if you miss or forget something. Nobody is perfect.
4) Pat yourself on the back. Reward yourself for meeting your goal. Every change is a good change even if it is small.

Now let’s set a goal about whole grain foods. First think about how many servings you are eating and then think about what you can do to eat more:

How many whole grain products do you eat daily?______
How many whole grain would you like to eat daily?______ (major goal)

How can I reach this goal?
Lesson 3: Vote for Good Health with Whole Grains

Worksheet #3

While listening to the candidates, answer these questions:

<table>
<thead>
<tr>
<th>Topics from debate</th>
<th>Berry Wheat</th>
<th>The Kernel</th>
</tr>
</thead>
</table>
| 1. Why should we eat whole grain foods everyday? | 1. Strong H __ __ __ __  
2. Fight O __ __ __ __  
3. Prevent D __ __ __ __ | 1. H __ __ __ ticking  
2. L __ __ pumping  
3. T __ __ full |
| 3. Should children set goals to eat whole grain foods every day? | Yes or No | Yes or No |
# How am I doing? - Tracking my progress

**WEEK of________________________**

My goal for this week was to: ________________________________________

Fill in the date and check each day that you met your goal.

<table>
<thead>
<tr>
<th>Day of the Week</th>
<th>Yes</th>
<th>or</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
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<td></td>
<td></td>
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<tr>
<td>Tuesday</td>
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<td>Wednesday</td>
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<td>Thursday</td>
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<td></td>
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<tr>
<td>Friday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

Did you meet your goal most days this week?  Yes  or  No

If you did not reach your goal most days, what were some reasons why?

____________________________________________________________________

____________________________________________________________________

What could you do to help meet your goal next week?

____________________________________________________________________

____________________________________________________________________
Lesson 3

Quiz Bowl Cards
Whole Grain Quiz Bowl Question #1

How many servings of whole grain foods should you eat every day?

The Power of 3: Get Healthy with Whole Grains Lesson 3

Whole Grain Quiz Bowl Question #2

Name 3 important health benefits from eating whole grain foods.

The Power of 3: Get Healthy with Whole Grains Lesson 3

Whole Grain Quiz Bowl Question #3

List a step you can take to set a goal to eat more whole grain foods.

The Power of 3: Get Healthy with Whole Grains Lesson 3

Whole Grain Quiz Bowl Question #4

How can you help make sure that you have whole grain foods in your home for meals and snacks?

The Power of 3: Get Healthy with Whole Grains Lesson 3

Whole Grain Quiz Bowl Question #5

How can parents and other adults in your home help you eat more whole grain foods?

The Power of 3: Get Healthy with Whole Grains Lesson 3

Whole Grain Quiz Bowl Question #6

This grain is very popular in Asia, where 95% of the world’s supply is consumed.

The Power of 3: Get Healthy with Whole Grains Lesson 3
Whole Grain Quiz Bowl Answer #2

Heart Health
More energy
Feel full longer

Whole Grain Quiz Bowl Answer #4

Ask parents or adults in your home to buy whole grain foods, prepare, and eat these foods with you.

Whole Grain Quiz Bowl Answer #6

Patti Rice

Whole Grain Quiz Bowl Answer #1

Half of your grain servings = Three or more

Whole Grain Quiz Bowl Answer #3

1. See the need to change.
2. Set a goal.
4. Reward yourself for success.

Whole Grain Quiz Bowl Answer #5

Set a good example by eating more whole grain foods.

THE POWER OF 3: Get Healthy with Whole Grain Foods
Lesson 3

Newsletter
The “Kernel” promotes whole grain benefits

The ‘Kernel’ campaigned for president in classrooms this week. He was running on the whole grain platform—‘The Power of 3’. His message promoted three servings of whole grains for all children and parents. His opponent Berry Wheat said, “All children, especially their hearts, can benefit from whole grain foods.” Both candidates eat three servings of whole grain foods on a daily basis.

The candidates squared off in a debate over hotly contested whole grain issues. The Kernel said, “I have the foundation to build a solid campaign.” The Kernel is often seen sporting a brown cape (bran) with yellow stars (germ), and a white dress shirt (starch). He exercises daily to build his three parts saying, “My bran is loaded with plenty of vitamins and minerals and fiber for added power. My germ is loaded with antioxidants and healthy fats.” He boasted that he is responsible for helping children to run, play and keep healthy.

Berry Wheat was quick to respond that she helps to prevent heart disease, diabetes and obesity. The critical issues discussed in the debate were 1) Why should we eat whole grain foods every day? 2) How many servings of whole grain foods should children eat every day? and 3) Should children set goals to eat whole grains foods each day?

The debate was fiery, but ended in a draw. It is unheard of, but candidates agreed on all issues. Rumor has it that both parties may unite into The Power of 3 for Heart Health Party.

The final vote has yet to be determined. Stay tuned to see who will be running the whole grains show at our elementary school.

Kids Win with Healthy School Meals

School meals need to comply with federal nutrition guidelines for fat, saturated fat and sodium and follow recommendations to provide plenty of fruits and vegetables, whole grain foods and low-fat dairy products. We offer a variety of fresh fruits and vegetables and new whole grain foods that make the noon meal an eating adventure for our students. We want to help children develop healthy eating habits now because children who eat healthy meals at school may be more likely to eat healthy as they grow older.

This week meet Kernel Wheat. Here are some interesting facts about Kernel:

- Nickname: “Staff of Life” for his excellent nutrition and versatility.
- Born around 11,000 years ago in the Middle East.
- Early friend of the Egyptians, who made wheat into the very first raised bread about 4,500 years ago.
- Came to America with Christopher Columbus!
- One of his favorite things to do is to keep you healthy with all of his protein, fiber, vitamins, minerals, antioxidants and phytochemicals.
- Loves to hang out in breads, pastas, cereals, muffins and cookies.
Whole Grains: A Healthy Heart and More

The Dietary Guidelines for Americans recommend at least three servings of whole grains every day for all adults and children 2 years of age and older. Researchers from the University of Minnesota have shown that whole grain foods can lower your chances of getting heart disease, diabetes and certain types of cancer. Whole grain foods help to fill you up so you don’t get hungry as quickly. This is one reason that whole grain foods may help to slow down how much weight we gain as we get older. There are also some studies that say whole grains might even help you to live longer.

Write in the words and phrases below. This activity will show the potential benefits of eating three servings of whole grain foods every day.

Eating three servings of whole grain foods every day may help to:

Reduce your chances of getting _______ _______ ____________.

Reduce your chances of getting certain types of _______ ____________.

Reduce your chance of getting _____________.

Slow the amount of _______ _______ _______.

Finding Grain and Whole Grain Foods

Only a small percentage of all grain foods found in grocery stores are truly whole grain foods. Be aware of the different types of whole grain foods that you can eat at home and at school. Bringing whole grain foods into your home requires that you know how to identify and locate these foods at the store. **Unscramble the words below to show the wide variety of grain and whole grain foods that you can choose at the grocery store to bring home to enjoy with your family.**

1. a t l l o r t i  _______ _______ _______ _______ _______ _______
2. p n o r p o c  _______ _______ _______ _______ _______ _______
3. d e a b r  _______ _______ _______ _______ _______ _______
4. n u b  _______ _______ _______ _______ _______ _______
5. l o r l  _______ _______ _______ _______ _______ _______
6. t i u b s i c  _______ _______ _______ _______ _______ _______
7. w r o b n  i e r c  _______ _______ _______ _______ _______
8. l o c d  e a l r e c  _______ _______ _______ _______ _______
9. i t a p  b e r a b  _______ _______ _______ _______ _______
10. o h t  l e a r c e  _______ _______ _______ _______ _______
11. f i u m f n  _______ _______ _______ _______ _______ _______
12. l i w d  i e r c  _______ _______ _______ _______ _______
13. l e g b a  _______ _______ _______ _______ _______ _______
14. a c k r e s r  _______ _______ _______ _______ _______ _______
**Lesson 3: Vote for Good Health with Whole Grains**

**Homework Instructions for Parents:**
- Cut or tear off pages 3 and 4.
- Fill in the blanks below with names.
- Return pages to school with your child after you have completed the activities.

Child’s name____________________________________  Parent name________________________________  
Teacher name____________________________________

**How Many Whole Grain Foods Did You Eat Today?**

Think about all the things you did today. Think about all the foods you ate for breakfast, lunch, dinner and snacks. Write in the number of servings of grain foods that you ate for each meal and snack. Circle all the whole grain foods. How many servings of grain foods did you eat today? How many servings of whole grain foods did you eat today?

<table>
<thead>
<tr>
<th>Grain foods</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal (Hot or Cold)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sliced Bread</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pita Bread</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>English Muffin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bagel</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roll / Bun</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biscuit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crackers</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muffin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tortilla / Taco / Wraps</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noodles / Macaroni / Spaghetti / Fettuccini</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice - White / Brown / Wild</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Tortilla Chips, baked</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Popcorn, low-fat (popped)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other grain foods</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Child:
How many servings of grain foods did you eat today?  _________________
How many servings of whole grain foods did you eat today? _________________

Adult:
How many servings of grain foods did you eat today?  _________________
How many servings of whole grain foods did you eat today? _________________

**Homework Instructions for Parents:**
- Cut or tear off pages 3 and 4.
- Fill in the blanks below with names.
- Return pages to school with your child after you have completed the activities.
**Goal Setting**

**Directions:** Think about how many whole grain servings you ate today. Did you eat the three recommended servings? If not, think about a goal you would like to set for yourself to help you eat three servings a day. Remember that you need to eat three a day to get the Power of 3! Here are some examples to get you started or come up with your own goal.

**Examples:**
- I will try one new whole grain product this week at home.
- I will try one new whole grain product this week at school.
- I will eat a whole grain food for a snack after school two days this week.
- I will eat whole grain cereal for breakfast two days this week.

**Write your goal here:**

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**Now ask yourself the following questions:**
- ✓ Is my goal realistic? Is this something I can do this week?
- ✓ How can I plan to meet my goal? What are the steps involved?
- ✓ How am I going to deal with problems that may keep me from meeting my goal?
- ✓ Who can I ask to help me meet my goal?

Next week, think about whether you met your goal. If you have, congratulate yourself and set a new goal that may be a bit more difficult. If not, keep working at it. You may have to change your goal or remove some of the roadblocks that kept you from meeting your goal. Remember that eating three whole grain servings a day is important to help you get the Power of 3!

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**Answers to word scramble:**

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**Add:**
Name of organization
Contact information