

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

The Power of 3: Get Healthy with Whole Grain Foods is a school-based curriculum designed to increase intake of whole grain foods by elementary school students in grades 3 to 6. The 2005 Dietary Guidelines for Americans recommends an eating pattern to lower chronic disease risk and promote health. A key message is that half of the grain servings should be whole grain foods.

This 3-component program includes a five-lesson classroom curriculum supporting student learning and behavior change, newsletters and events to encourage parents to make whole grain foods available at home, and information for school foodservice personnel to increase the number of whole grain foods that are incorporated into school menus.



Download ***The Power of 3*** Program files

[Table of Contents, Instructions, etc.](#)

Included in this file: Table of Contents, Acknowledgments, About the Program, Teacher Instructions, School Foodservice, Evaluation – Procedures.

[Events](#)

Included in this file: Bakery Tour, Supermarket Tour, Whole Grain Quiz Bowl.

[Lesson 1: The Whole is Greater than Its Parts](#)

All Lesson files include Worksheets/Handouts, Quiz Bowl Cards and Newsletters.

[Lesson 2: Food Label Lingo: Sending You a Message](#)

[Lesson 3: Vote for Good Health with Whole Grains](#)

[Lesson 4: You Choose, You Use Whole Grain Foods](#)

[Lesson 5: Share the Good News about Whole Grain Foods](#)

[Participation Certificate](#)

[Quiz Bowl questions](#)

PowerPoint file