

CLASSROOM ACTIVITIES

Grades K-2

Grain Tracks

Objectives:

1. Students will be able to identify the foods made from grains that they eat for breakfast and/or lunch.
2. Students will be able to identify how they could eat more whole grain foods.

Note: It is suggested that you do this activity for two days as soon as possible after students eat breakfast or lunch.

Materials:

- School lunch/breakfast menu
- Grain Food Picture Cards

Preparation:

1. You may want to invite the school food service manager to come in and talk to your class about the foods made from grains and whole grains that are served in the school lunch/breakfast program.
2. Know which foods on the school lunch menu are made with whole grains.
3. Tape the Grain Food Picture Cards on the board.
 - breads
 - muffins
 - buns
 - waffles/pancakes
 - cereal (cold and hot)
 - taco/tortilla
 - rice
 - noodles/pasta
 - different types of crackers



Grain Tracks, page 2

Directions:

Day One

- A.** Tell the students that they are going to try to find out what foods made from grains they eat and what *whole grain* foods they eat. They will also think about how they could eat more whole grain foods.
- B.** Ask the students to think about what they just ate for breakfast or lunch.
- C.** Ask: What foods did you eat that were made from grains? Call on several students. After each student answers ask for a show of hands to see how many other students ate that food. Make tally marks below the appropriate food picture card to show the number of students who ate the food. For each food ask if it was made from whole grains. Continue until all students have reported the foods they ate.

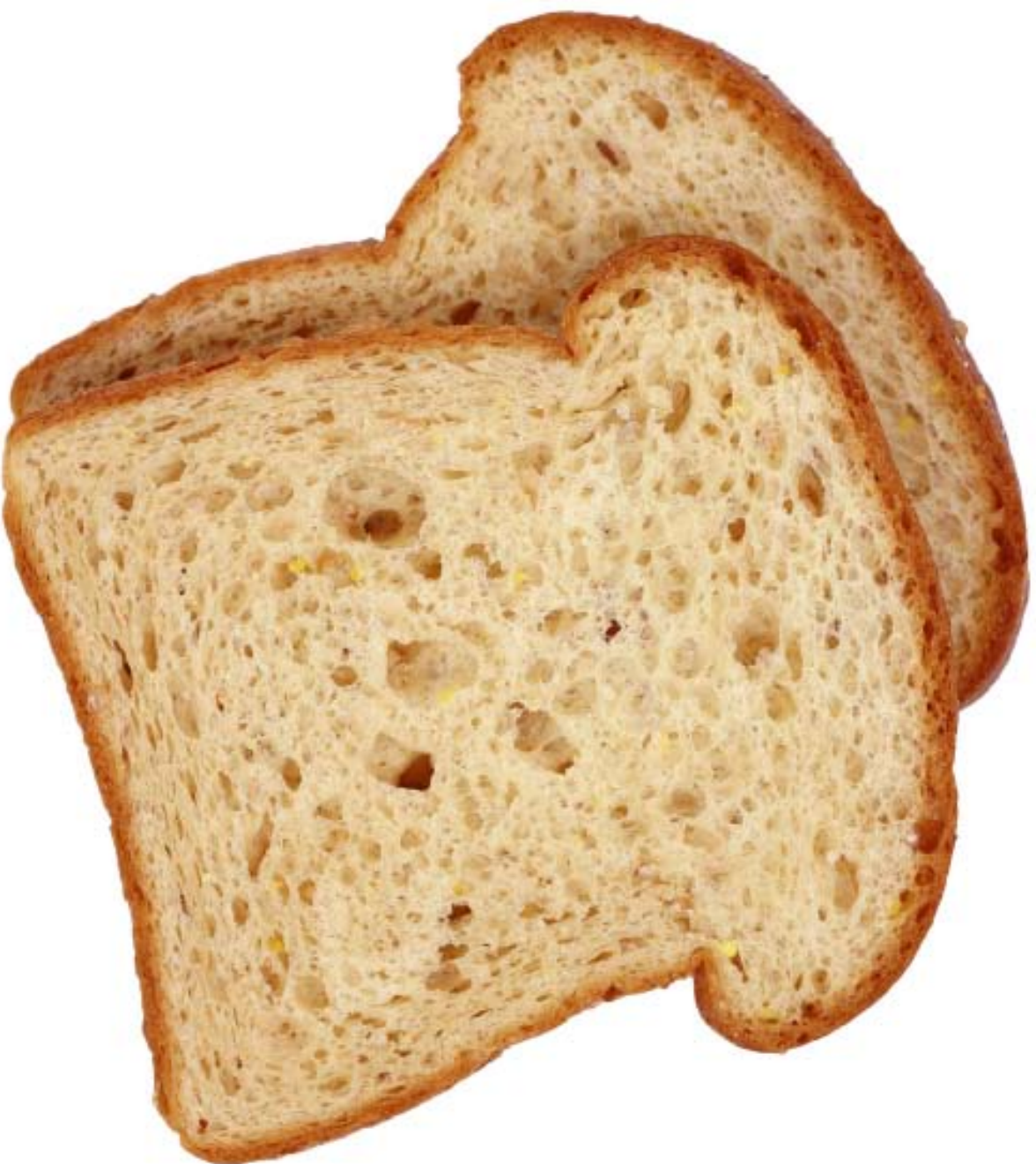
Optional: Make a graph to see what foods were eaten most.

- D.** Ask: What whole grain foods could you add if you wanted to eat more servings of whole grains?
- E.** Tell them to think about the whole grain foods they eat and that tomorrow they will see what whole grain foods they ate for breakfast or lunch.

Day Two

- A.** Repeat the activity for **Day One**.
- B.** Remind students that eating whole grain foods is important for healthy bodies to help them grow and be strong. Tell them about the opportunities to eat whole grain foods in the school breakfast/lunch program.





Bread



Muffins



Hotdog / Hamburger Buns



Pancakes / Waffles



Cereal



Tacos / Tortillas



Rice



Pasta / Noodles

Crackers

