



## WHY IS IT IMPORTANT TO BE HEALTHY?

### OBJECTIVES:

- Teach students about the types of whole grains (corn, rice, oats, and wheat)

### LET'S GET STARTED

- Ask the students if they know what a whole grain is and to name some examples
- Talk about the four main types of whole grains, and how they all have fiber in common

### STORY (15 MINUTES):

- Read the story about Boss and his friends discussing whole grains and white grains
- Have an open discussion and ask students to identify the introduction, body, and conclusion of the story

### WRAPPING UP (5 MINUTES):

- Ask if anyone can remember the four main whole grains

## LET'S GET STARTED!

- Whole grains are this week's topic! Start off by asking the kids if they know what a whole grain is and some examples.
- Using the Whole Grains sheet provided, show the kids the four main types of whole grains, which include corn, rice, oats, and wheat. Ask if anyone has ever seen these types of plants or eaten any of the foods that come from the four whole grains.

## DIALOGUE BOX

- Whole grains are plant foods made from grains. Four main types of whole grains are corn, rice, oats, and wheat.
- Before grains can be eaten, they have to be processed, which is changing the grain from its natural state to something new. If the grains are processed in a bad way, then they are not very healthy; for example, processing wheat into white flour to make white bread or white tortillas. If they are processed in a good way that keeps all the vitamins and minerals, like in whole wheat bread or pasta, then it is still very healthy!
- Remember, whole wheat foods are GO foods, and processed grains, like white bread and white rice, are SLOW foods.
- Once whole grains have been explained, ask the students if they have any questions about whole grains.
- Remind the students that all whole grains have fiber and that they need fiber to be healthy.



## STORY

- Read the story about Boss and his friends discussing whole grains and white grains

### Boss Learns the Difference Between Whole Grains and White Grains

At lunch one day, boss walked up to his table of friends while they were having a discussion about something called whole grains. Boss was not sure what exactly they were talking about, or what whole grains were, but because all of his friends knew, he was too embarrassed to ask them what it was. So, he sat there at the table listening to them talk about the differences between white grains and whole grains. Boss thought to himself “what is a white grain? I have never heard of any of this stuff” but instead of asking, he still say there and just listened. His friends were saying that whole grains were better for you then white grains because they have more nutrients and vitamins and minerals in them that help your mind and body function properly. Boss finally looked up from his sandwich he was eating and asked, “What is a white grain? I know you said it was not as good for you as whole grains, but what exactly is it?” Boss friend Sally replied by saying, “white grains are foods like white rice, white bread, white flour, and other foods like that! Whole grains are foods like whole wheat bread, brown rice, whole wheat cereal, and even whole wheat bagels!” Boss looked down at his sandwich he had and asked, “well what kind of bread is my sandwich on?” and his friend replied, “that’s a sandwich on white bread!” Boss said, “oh no! So my sandwich has the bread made of white grains! You said white grains were bad for you!” Sally replied, “no boss it is okay if you eat white grain, like white bread, every now and then! Just maybe next time you go to the grocery store, buy some whole wheat bread instead! Remember, it is okay to have white grains sometimes, it is just not something you want to eat all of the time!” Boss was relieved and continued to eat his sandwich. He then said, “next time I go to the grocery store with my mom, I am going to get a big loaf of whole wheat bread that is full of fiber, vitamins, minerals, and nutrients for my body! I am sure I will even feel more energized during the when I eat whole grains rather than white grains!” Boss friend said, “yes boss you probably will feel more energized and your body will thank you later for giving it better grains! You will notice a difference in how your body is functioning maybe even after a few days!” Boss and his friends finished their lunches and headed off to class. Boss was so excited to tell his mom and dad what all he learned today about whole grains and white grains, and to start using whole grains more often in his meals rather than white grains!

## WRAPPING UP

- Ask students if they have any last questions on the lesson about whole grains.
- Remind them briefly of the four main types of grains that we discussed at the beginning.

## DIALOGUE BOX

- The four main types of whole grains are corn, rice, oats, and wheat, and all four of these grains have one thing in common: fiber.
- If whole grains are processed a certain way that turns them in to white grains, then those foods aren’t as healthy.

