

The Grains Group

Great Grains!

Topic

The Grains Group

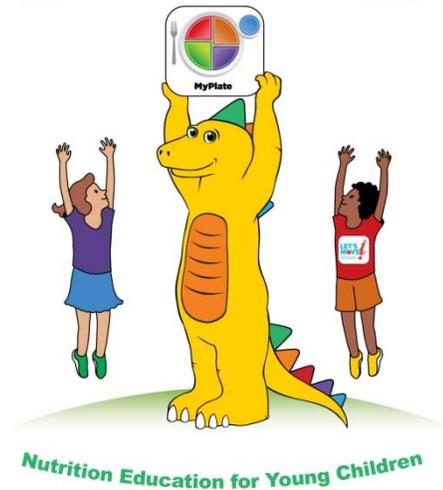
Audience

Young Children

Suggested Time

20- 25 minutes

MP-Saurus Eats



Knowledge Objectives

Primary Learning Objectives:

- ◆ The children will learn that the brown-orange section on MyPlate is the Grains Group.
- ◆ The children will name foods that belong in the Grains Group.

Secondary Learning Objective:

- ◆ The children will state that foods from the Grains Group give us energy.

Behavioral Objectives

- ◆ The children will choose foods from the Grains Group they plan to eat today.
- ◆ The children will eat popcorn, a whole grain food from the Grains Group.

Life Skills

- ◆ The children will make healthy lifestyle choices.

How This Activity Is Behaviorally Focused

- ◆ In step 14, the children choose foods from the Grains Group they plan to eat today.
- ◆ In step 25, the children eat popcorn.

Early Childhood Education Program Expectations Addressed

SOCIAL/EMOTIONAL DEVELOPMENT

Expectation 1: Outcome 1.5: Participates in discussions with teachers and friends

HEALTHY, SAFETY AND PHYSICAL EDUCATION

Expectation 1: Outcome 1.1: Identifies and differentiates among foods and food groups (e.g. fruits, vegetables, proteins)

Supplies Needed

- ◆ Kids MyPlate poster
Available through Learning ZoneXpress (item 410124)
667 E Vine Street
PO Box 1022
Owatonna, MN 55060 1-888-455-7003
Web: www.learningzonexpress.com
- ◆ Healthy Dino hand puppet
Available through Dr. Debra Palmer
dpalmer@njaes.rutgers.edu
- ◆ Laminated color copies of Grains Pictures #1 and #2 from the end of this lesson- 2 sets per class you are teaching
- ◆ Food picture cards, food models or felt food pictures of foods from the Grains Group, like bread, cereal, rice, pasta, pancakes, pretzels, bagels, muffins, waffles, oatmeal, tortillas, rolls, popcorn, and crackers
- ◆ Food Pictures available from: Your local Dairy Council or Utah University Coop
Extension: <http://utah.agclassroom.org/cart/details.cfm?ProdID=91&category=0>
- ◆ Un-popped popcorn kernels, 1 Tablespoon per child
- ◆ More un-popped popcorn kernels, ½ cup in a re-sealable bag
- ◆ Air popcorn popper
- ◆ Disposable gloves
- ◆ Hand sanitizer
- ◆ Vegetable cooking spray
- ◆ Parmesan cheese
- ◆ Two large bowls
- ◆ Two 1 cup measuring cups
- ◆ Small paper or plastic cups, 1 per child
- ◆ Handout: Grains Home News #1, 1 per child
- ◆ Coloring Sheet: Grains Coloring Sheet, 1 per child

Pre-Lesson Preparation

1. Measure 1 Tablespoon of popcorn kernels per child. Place the kernels in a plastic bag.

Background Information

See the Educator Pack. For more information, go to www.ChooseMyPlate.gov.

Pre-Lesson Preparation

1. Ask the teacher to help you find an outlet and set up your popcorn popper. Test the popper to make sure it works.
2. Hang the Kids MyPlate poster in the front of the class.

3. If you have forgotten what to do to re-focus the children when they get restless, ask the teacher to remind you.

Lesson Opening

1. Put the MP-Saurus puppet on your hand. Tell the children that today you brought a friend with you named MP-Saurus. Have MP-Saurus say “Hi” to the children.
2. Ask the children to say “Hi” to MP-Saurus.
3. Have MP-Saurus ask the children to name the MyPlate poster. When they name it have him tell them how great they are! Remind the children about what they have learned so far. Point to each food group on MyPlate that you have taught and ask them to raise their hands and tell them that when you point to them they should:
 - Name it.
 - Name some foods that belong in it. If a child names an incorrect food say, “Good try, but _____ goes in the _____ group.”
4. Follow by pulling out food models or showing food pictures one by one and asking the children to tell you the name of the food and what food group it belongs in.

NOTE: During the opening and in all of the activities, if children call out answers before you choose them to answer the question, re-focus the class.

Activity

1. Tell the children that today you are going to talk about foods from the brown-orange section on MyPlate.
2. Have MP-Saurus point to the brown-orange section on MyPlate. Ask the children to repeat “Brown-Orange” after MP-Saurus. Tell the children that the foods placed in this section on MyPlate belong to the Grains Group. Ask the children to repeat “Grains”.
3. Repeat saying “Brown-Orange, Grains” after MP-Saurus three more times. Have them repeat it louder each time.
4. Show Grains Picture #1. Ask the children to say “Grains Group” out loud again with MP-Saurus. Hold up MP-Saurus and have him nod his head as if to say “Grains Group” along with the children.
5. Have MP-Saurus point to the Grains Group on the MyPlate poster. Ask the children to raise their hands if they can name the foods shown in the Grains Group. Call on the children one by one. Pause for responses. Help them as needed.

Answers: bread, graham crackers, cereal, bowties or pasta, oatmeal, rice, and English muffin

6. Tell the children that you are going to put MP-Saurus away for a little while and that he will come back soon. Show the children the picture cards of foods and/or food models from the Grains Group one by one. Ask them to name each food. Pause for responses. Help them as needed.
7. To see if they remember, point to the brown-orange section on MyPlate and ask one of them to name the group. Pause for response. Help them as needed.

Answer: The Grains Group

8. Show Grains Picture #1. Ask the children to repeat “Grains Group” after you three more times. Have them repeat it louder each time.
9. Stand up and ask the children to join you. Count to 10 while you all run in place. Have them sit down and tell them what a good job they did.
10. Tell the children that they are able to run because they have lots of energy. Repeat the word “energy” a few more times and ask the children to repeat after you.
11. Explain that foods from the Grains Group give us lots of energy. Energy helps keep our bodies running all day long, just like gasoline keeps a car running. Our bodies need energy to stay healthy and keep moving.
12. Put the MP-Saurus puppet back on your hand. Have MP-Saurus point to the brown-orange section on MyPlate. Ask a child who has not answered yet to name this group.

Answer: The Grains Group

13. Ask another child to name the special thing in grains foods that helps us run in place.

Answer: Energy

14. Ask each child to name a food from the Grains Group that he or she will eat today.

Pause for responses. If they need help, point to the Grains Group foods on the MyPlate poster. If a child names an incorrect food say, “Good try, but _____ goes in the _____ group. Can you try again?” Often young children repeat the name of the same food over and over. If two children in a row say the same food, ask the next child to name a different food he or she will eat and repeat, as needed, to get the children to name different foods.

Answers: Bread, cereal, rice, pasta, oatmeal, graham crackers, pretzels, bagels, corn muffin and English muffin

15. Tell the class that MP-Saurus loves to eat foods from the Grains Group. Show Grains Picture #2. Ask the children to name some of the foods on MP-Saurus' table.

Answers: Pretzels, tortilla, bread, crackers, pasta, waffles, cereal, pancakes, cereal, a roll and a bagel

16. Ask another child to point to the section on MyPlate that the foods on MP-Saurus' table belong to.

Answer: The brown-orange section on MyPlate

17. Holding up a bag of popcorn kernels, ask the children if anyone knows what is in the bag. If no one answers, tell the children that the name of the food in the bag is "popcorn kernels."

18. Ask the children to say "popcorn kernels" out loud with you. Tell the children that popcorn kernels are used to make popcorn. Pass the bag around so that each child can see the popcorn kernels. Tell the children to feel the kernels through the bag, but not to open it.

19. Ask the children to rub their tummies if they like to eat popcorn. Rub your tummy too.

Note to the educator: If you cannot make popcorn with your students, skip to step #28.

20. Tell the children that you are now going to make some popcorn to eat! Tell the class that MP-Saurus loves to eat popcorn. Tell them that he is going to watch while you make it.

21. Put on the gloves. Follow the instructions that came with your air popper. Place the bowl underneath the spout on the popper. Tell the children that they can watch the popcorn being popped, but they cannot touch it.

22. Remind the children that it is important to wash their hands before they eat or drink. Give each a little hand sanitizer to clean their hands.

23. While the popcorn pops, ask each child to name a Grains Group food that they like. After they give a right answer, ask them to say "____ gives me energy." For example, if they say cereal, ask them to say, "Cereal gives me energy." Help them as needed.

24. Ask the teacher if there is anyone in the class who cannot eat dairy foods. If so, split the popcorn into two bowls. One bowl for the popcorn without cheese. A different bowl for the popcorn with cheese. For the children who can eat the popcorn with cheese, spray the popped popcorn lightly with the vegetable oil, and then add the parmesan cheese. Scoop the popcorn without cheese out of the bowl using one measuring cup and fill the cups. Scoop the cheese popcorn out of the bowl using a different measuring cup and fill the cups.
25. Give each child one cup of popcorn. Ask the children to wait to eat until everyone has popcorn.
26. Tell the children to rub their tummies if they like eating the grain food, popcorn.
27. Ask one of the children to tell you the name of the food group that popcorn belongs to.

Answer: The Grains Group

28. Give the teacher the Grains Home News #1 handouts. Ask the teacher to send them home with the children so that they can keep the fun going at home! Give the teacher the Grain Lesson Coloring Sheet. Ask the teacher to use it in the classroom or send them home with the children. Also, ask the teacher:
 - If it would be okay to display the MP-Saurus pictures around the classroom until the next class.
 - Remember to pick up the pictures from the last lesson.
29. Say goodbye to the class.

Created By

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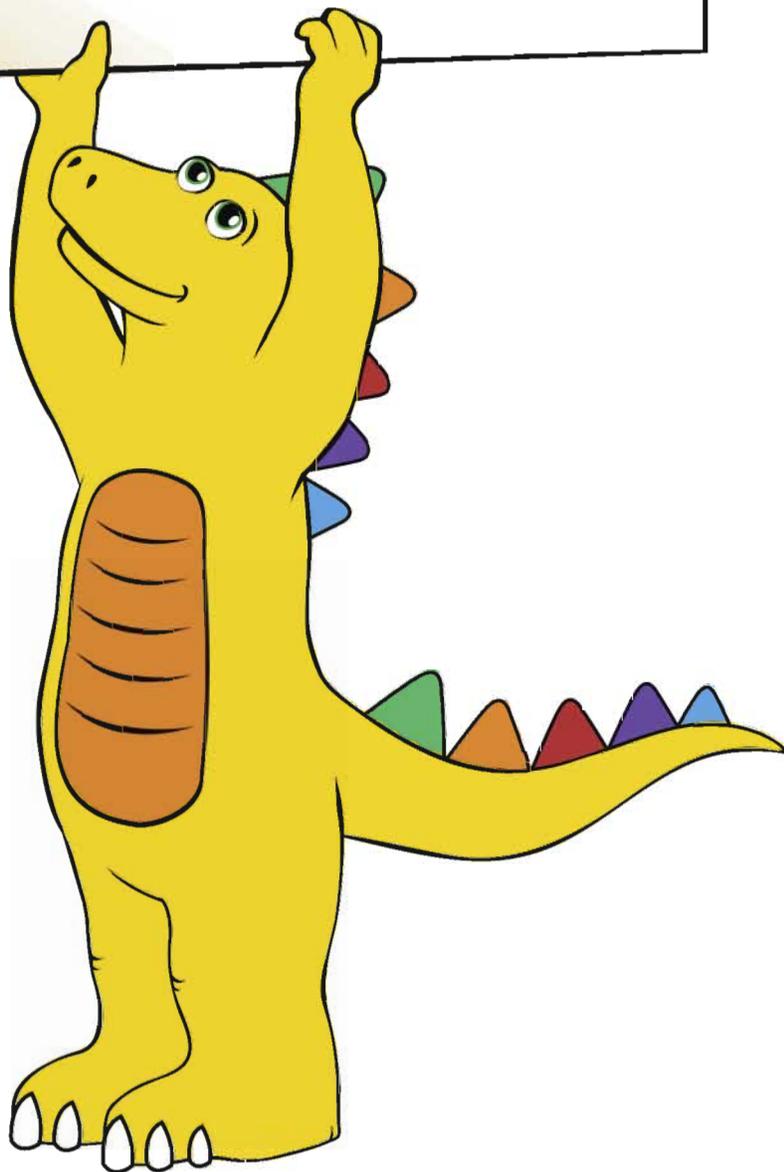
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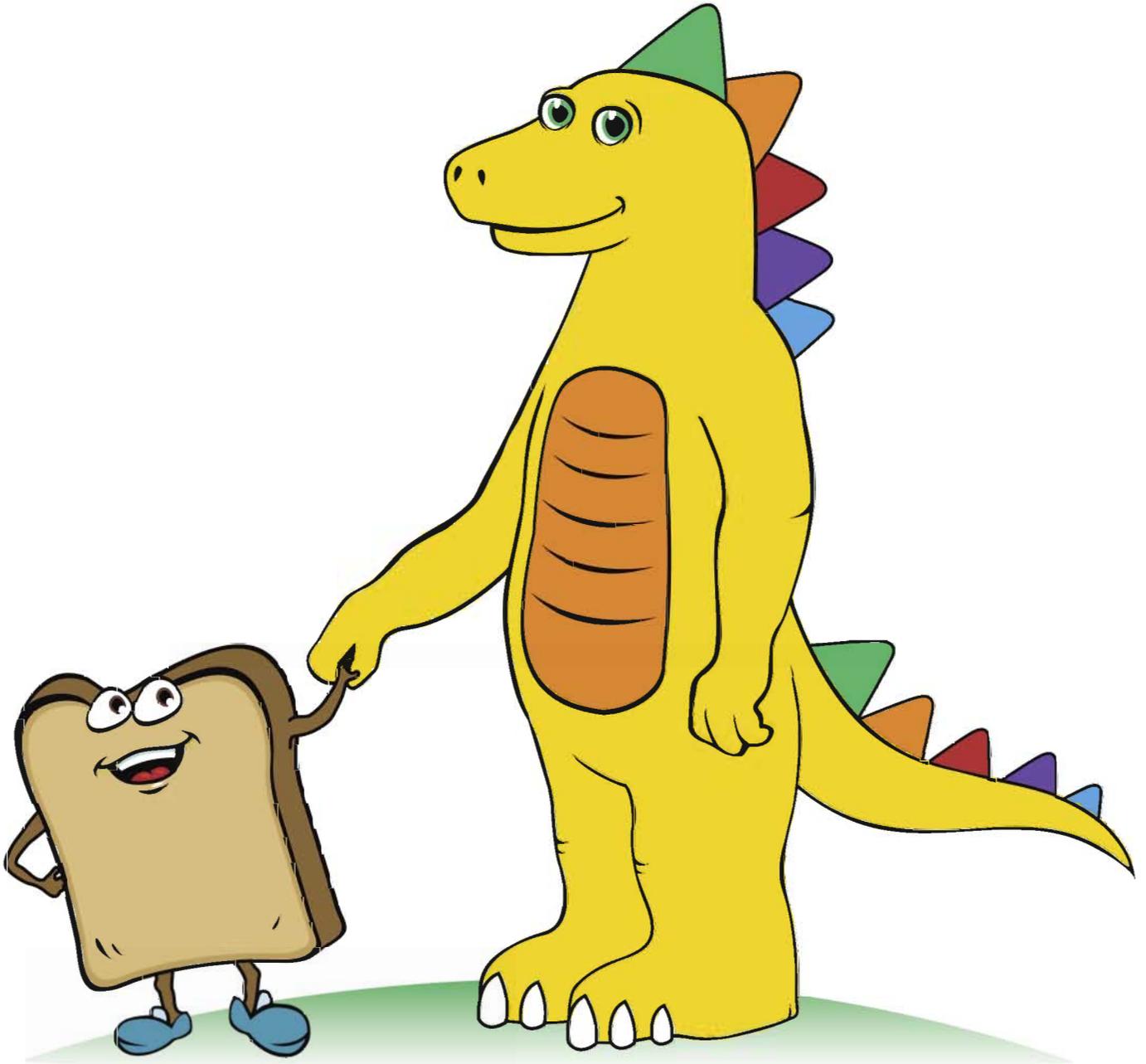


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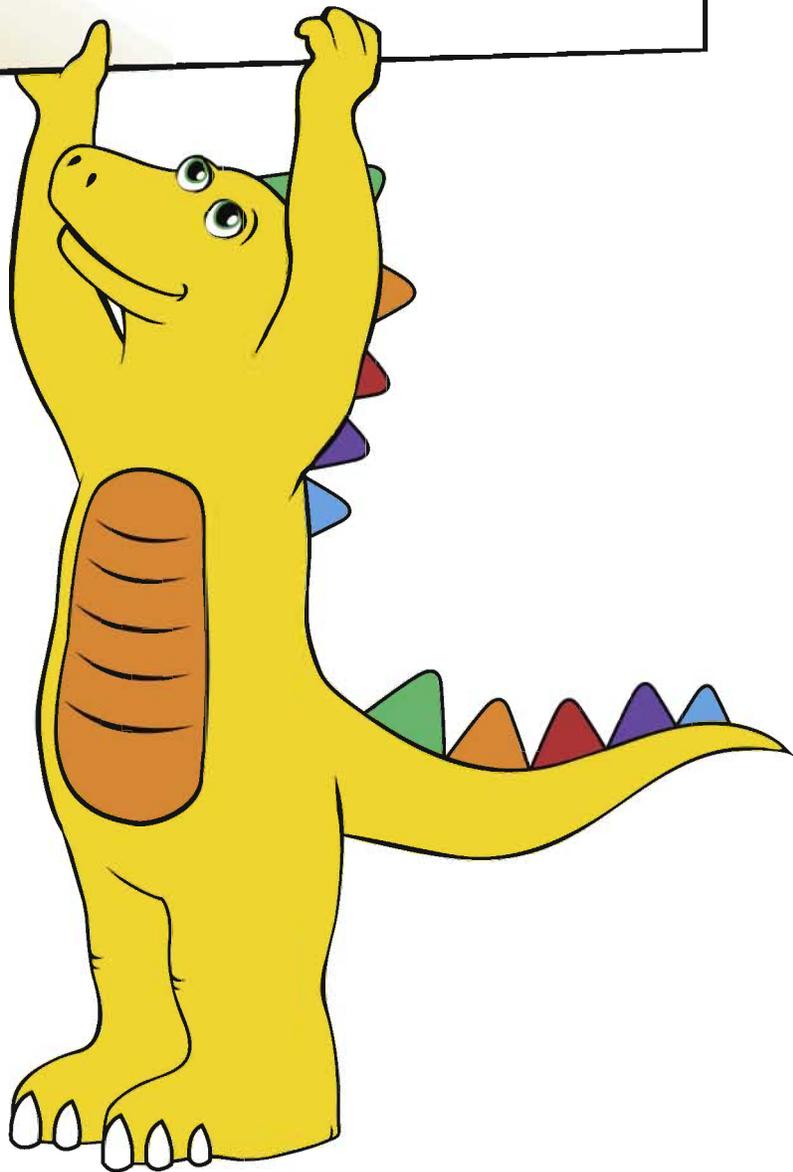
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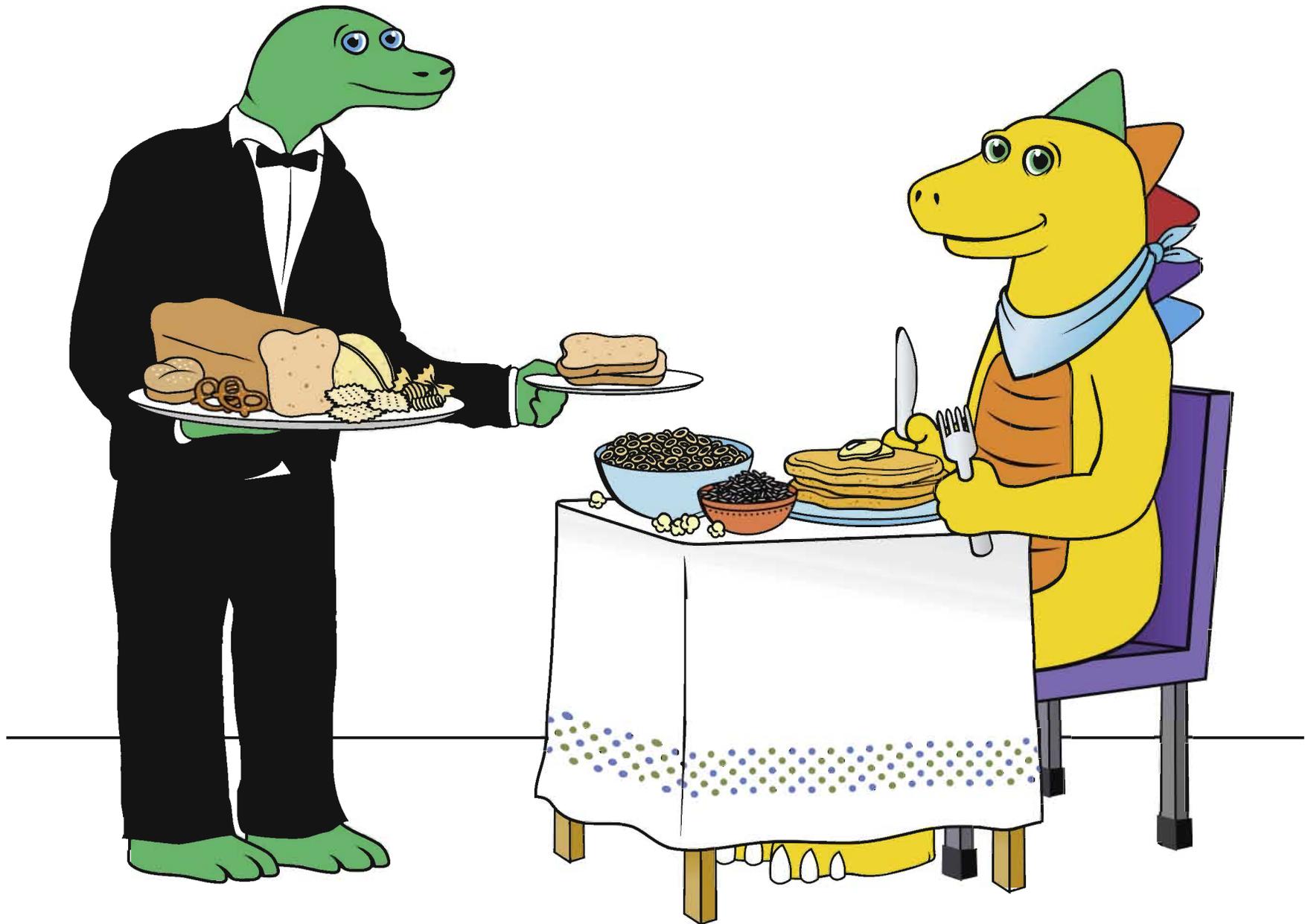


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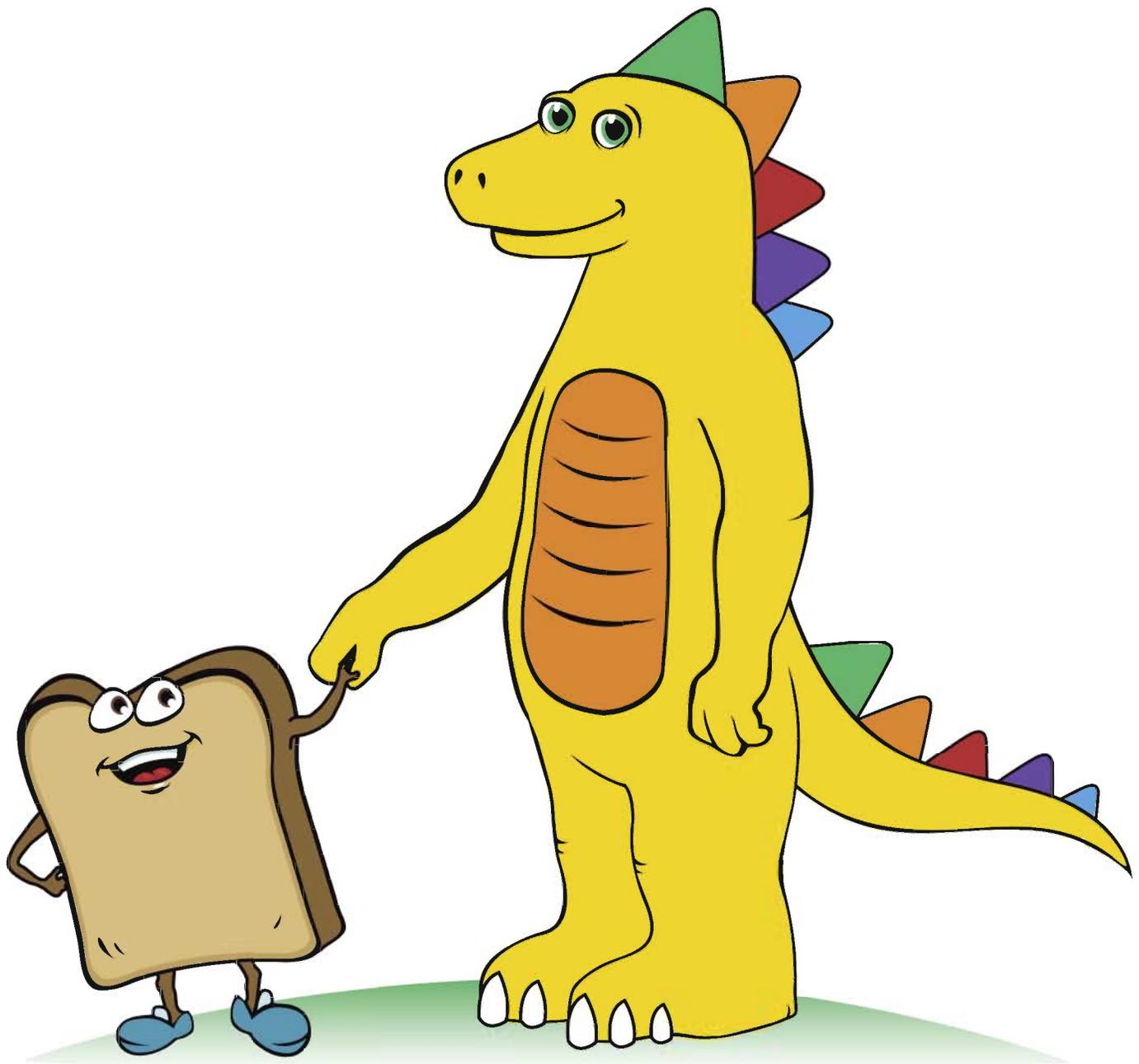


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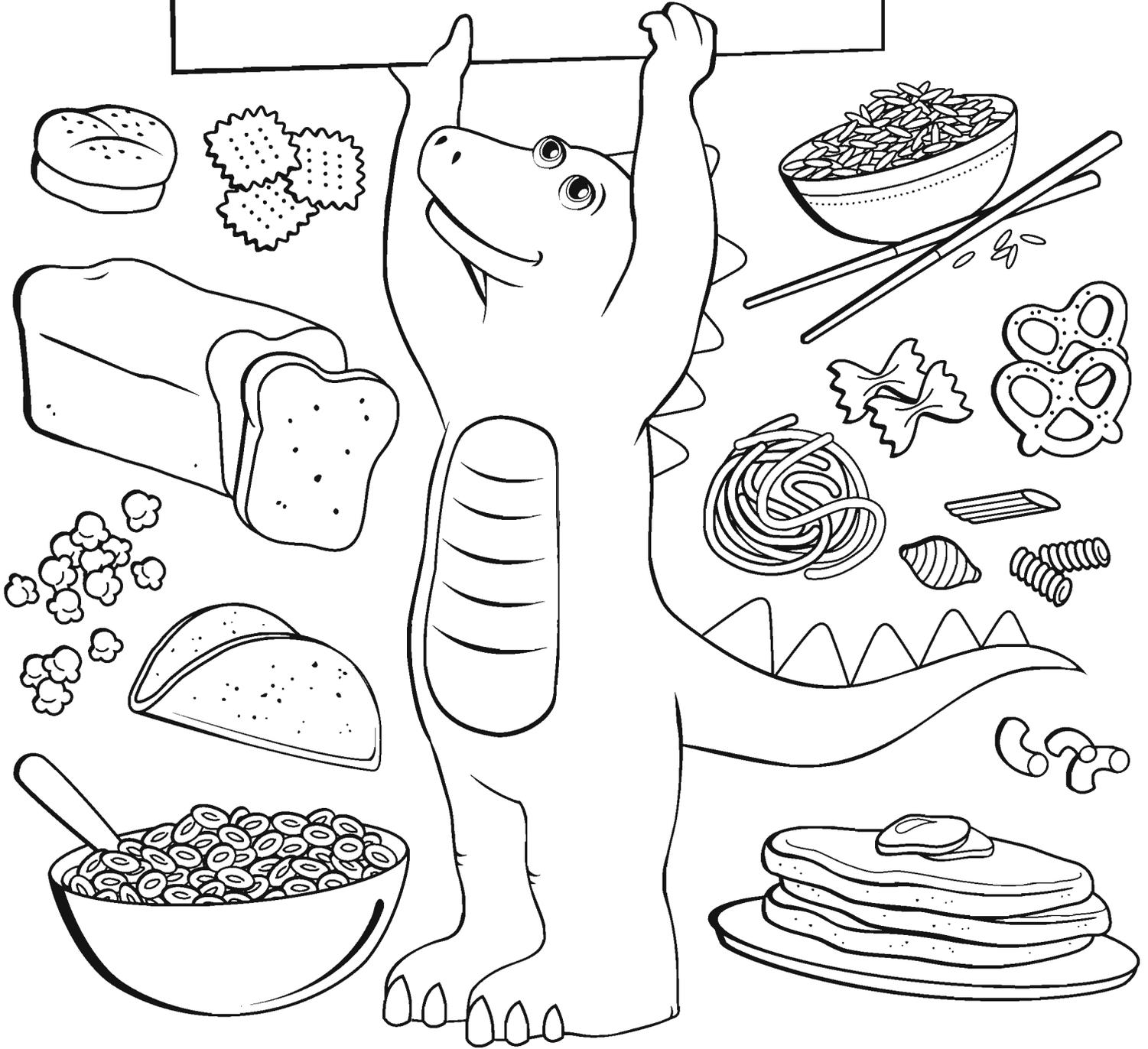
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