

Fun Nutrition Grains

Purpose:

- Identify foods that are grains.
- Demonstrate properties of fiber.
- Identify what foods have fiber.

Activity 1: Foods from the bottom of the Food Guide Pyramid

Supplies:

- Food picture cards
- Food Guide Pyramid Poster/Drawing
- Four 5x7 cards marked (1/card): Bread, Cereal, Pasta, Rice
- 3x5 cards; pencils, pens or markers

Divide the participants into small groups (3 to 5). Give each group a stack of food picture cards and have them sort out the foods that belong in the Bread, Cereal, Rice or Pasta Group (Grain Group).

Put the 5x7 cards on a table or on the floor.

Give each small group a stack of 3x4 cards and pencils. Have them write down names of breads, cereals, rice and pasta that they have eaten on the cards. Next have each participant take the cards put them on the correct card on the table or floor.

Gather everyone in a large group and have the participants review the foods listed. Are foods in the right group? How many servings from the grain group do we need each day? Refer to the Food Guide Pyramid Poster/Drawing.

Activity 2: What is Fiber?

Supplies:

- Small containers of Wheat berries or bulgur, oatmeal, brown rice, whole wheat flour, white flour
- Sifter/strainer or fine mesh screen

Display the grains on paper plates. Explain that fiber is something in food that is healthy and is found in foods that are whole grains. Show the wheat berries or bulgur -- these are whole-wheat food without the fiber removed.

Sift some white flour. What happens? What's left? Now sift some whole-wheat flour. What happens? What's left? Fiber is left because the whole grain was ground up and used.

Conclude by talking about foods that participants like to eat that are made with whole grains and have fiber in them.

Activity 3 : Whole wheat tortilla roll-ups

Supplies:

- Whole wheat flour tortillas
- Peanut butter and Raisins
- Fruit juice
- Paper cups and Napkins
- Plastic butter knife

Have participants wash their hands. Let each participant make a roll-up by spreading peanut butter onto the whole wheat tortilla, sprinkle with raisins and roll up. Serve juice in paper cups.

Adapted from: YOUTH CURRICULUM SOURCEBOOK – JUNE 99 - Wisconsin Nutrition Education



3 activities for youth ages 10 - 13. Allow 90 minutes
Colorado State University Cooperative Extension 4-H Youth Development