



The Grain Group

Outcome Area: Healthy Lifestyles

Curriculum Area: Healthy Lifestyles Education

Specific Project(s): Six Easy Bites, Fast Foods, Tasty Tidbits, Everyone a Gardener

Description of Activity: Youth will learn the importance of the grain food group and how wheat is an important part of the grain group. They will also learn sequencing.

Age Level: 5 - 10 years

Group Size: Any

Time Involved: **Preparation Time:** 15 minutes **Activity Time:** 30 minutes

Materials Needed:

- Book “The Little Red Hen”
- MyPyramid Poster, found on the web
- “Grain from Seed to Bread” worksheet
- Crayons
- Scissors
- Glue stick

Activity:

1. Introduce the Grain group on the MyPyramid poster. Talk about the nutrients found in Grains. Show some different examples from the Grain Group. Discuss the importance of Carbohydrates for energy and the importance of breakfast in the morning for energy during the day. Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. Tell the youth that half the foods they eat from the Grain Group should be whole grains.
2. Read the story, “The Little Red Hen” to the youth.
3. Have the youth color the sequence cards.
4. Youth will glue the story squares in the proper order according to the story.

Lesson developed by: Lisa Poppe, Extension Educator in Dodge County Source: Worksheet is developed by the Oregon State University Extension Service and the Oregon Department of Education.

