



Lesson 4 Whole Grains

Recipe: Ranch Popcorn

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Review Lesson 3

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- Does anyone remember what fiber does to keep our bodies healthy? [acts like a broom to clean out our bodies]
- Can anyone tell me one way to make sure we get enough fiber? [eat a fruit or veggie with every meal and snack!]
- Can anyone remember what 3 types of food have fiber in them? [fruits, vegetables, & whole grains]

Lesson Overview

Students will understand what grains are and what foods contain whole grains. Our bodies need fiber every day. It keeps our bodies clean, and it helps us feel full. If we eat a fruit or vegetable with every snack and meal, we will eat fiber. There are other kinds of fiber that our bodies like, too. It comes from whole grains.

Talking Points

- "Grains are dry grass seeds that can either be eaten like the popcorn the students will make in today's lesson or cracked or crushed to make breads, cereals, and crackers."
- "Whole grains include the 'bran.'"
- "What are some foods that have fiber?" [Fruits, vegetables, & whole grains, like cereals, beans, peas, nuts, and seeds.]

Activity

Adults download and print out the [Whole Grains Activity Worksheet](#). Students have pencil/pen and a blank sheet of paper ready. 3rd to 6th graders may need calculators to solve math problems.

Recipe Overview

K-1st grade: Have students look at the recipe and follow along. Pass around spices and encourage students to look at and smell each one. Can they identify any of them? Have they had any of them before?

2nd-6th grade: Pass around spices and encourage students to look at and smell each one. Can they identify any of them? Have they had any of them before?

Discussion & Wrap Up Questions

- Why should we eat whole grains?
- What are 3 examples of foods that contain whole grains?
- What is one thing you learned today? What was your favorite part of today?
- How were you a food adventurer today?
- What did you think about the recipe? Thumbs up, down or sideways? Describe the food. Was it crunchy or savory?

Vocabulary Words

Bran

Whole Grain

Your Sandwich Can Save the World!

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