

growing up
HEALTHY

Wellness Programs for Kids

Teachers Guide:

**Growing Up Food Smart with
Whole Grains!**



healthy
for **LIFE**™

aramark

Growing Up Food Smart with Whole Grains!

Program Theme & Educational Focus

- Children learn what a whole grain is and why they are important to eat.
- Educational focus on USDA guidelines for whole grain products.
- Children play the “Menu Planning” Game and complete their own whole grain activity sheet.
- Each program includes three mini-educational modules (1. A teacher led learning session; 2. A class engagement activity; and 3. A Healthy Bites – taste & talk session)

One leader can lead all three mini-modules. However, if possible, it works even better to have different people lead different mini modules ; if there are two teachers/leaders available - have one do the 1st and 3rd mini-modules and the other do the second; if there are 3 co-teachers available - have each do one of the mini-modules.

Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (~10 minutes)

Introductions (~2 minutes)

- **Do:** Introduce yourself (if new to the class); tell who you are and what you do.
Say (Example): Hi, my name is _____ (fill in the blank). I work as a _____ (chef/ food service manager/ job title) which means my job is to help people learn how to live healthier lives and to eat foods that will make them healthy. I work for ARAMARK at Children’s Hospital...
- **Do:** Share some personal information about yourself.
Say (Example): I’m a mom and I have two boys at home that LOVE to eat. One of them loves pizza and the other loves corn on the cob in the summer. My favorite foods are.....
- **Do:** Tell the class what they’re going to be doing today.
Say (Example): Today we’re going to be learning what a whole grain is and why it is important to eat at least 3 of our 6 grain servings a day as whole grain. People who eat whole grains have more energy and better health than those who eat processed grain. We want to teach you to make the right grain choices so you can grow up healthy and smart!

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Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Class Warm-Up/ Ice-Breaker

“Favorite Whole Grain Foods” (~3 minutes)

- **Do:** Ask the children who like to eat certain foods that can be whole grains to raise their hands.
Say (Example): *I'd like to get started by taking a few minutes to learn a little about you. Raise your hand if you like to eat cereal for breakfast? (wait for hands to go up) Raise your hand if you like to eat a sandwich for lunch? (wait for hands to go up) Raise your hand if you like to eat pasta for dinner? (wait for hands to go up) Good! Does anyone know what all of these foods have in common?*
- **Do:** Call on 3-4 children to tell what cereal, bread and pasta have in common.
- →The answer is they all come from grains.

Growing up Healthy Educational “Poster Session”

(side one
~2 minutes)

- **Do:** Transition to a teacher led educational session by uncovering the front of the main Poster (which should be positioned nearby on a ledge or easel).
Say: *You all have great answers! Many of the foods we eat throughout the day come from grains. We are going to start off by first learning the steps in making the grains we eat, as seen on this poster. (point to all of the steps as you discuss them)*

Circle 1 at top: The grain plant grows tall until it is harvested for the seeds, or grains, that grow on it.

Circles 2: Then, the grains are either separated into parts or kept whole. A whole grain, seen here on the poster, is the entire harvested grain. These are the grains that are better for us to eat because all of the good parts are kept in our food. Grains that are processed and separated don't have all of the grain parts which makes them not as good for us to eat.

That is why we should eat at least half of our grain servings as whole grain and why all grains served in school are at least 51% whole grain!

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Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Growing up Healthy Educational “Poster Session” (side two ~5 minutes)

- **Do:** Introduce the children to what the best times of day are to eat whole grains as shown on side two of the main poster.

Say: Does anyone know what times of day are best to eat whole grains?

- **Do:** Call on 3-4 children to tell the class what times a day they think are important to eat whole grains. Turn the main poster over to side two.

Say (Example): Good answers! Whole grains can be eaten at every meal. (point to each meal as you discuss them) Whole grains can be eaten for breakfast as cereal, toast or a muffin.

Whole grains can be eaten for lunch as the bread of a sandwich, the crust of a slice of pizza, or the tortilla of a wrap.

Whole grains can be eaten for a snack as crackers, a granola bar or popcorn.

And whole grains can be eaten for dinner as pasta, the bun of a hamburger or brown rice.

Always remember to make at least half of your grain servings every day whole grain, so you get more of the good grain parts in your foods!

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Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Teacher Resource

(Material for teacher to read before class)

- **Do:** For your own personal background information, spend a few minutes reviewing the basics of whole grains and the USDA’s guidelines for whole grain foods in school. Visit <http://www.fns.usda.gov/school-meals/child-nutrition-programs> web site for a comprehensive overview. No need to go into detail with the class, but this information should help in answering basic questions that may come up.

	New Requirement:	How USDA Foods supports new requirements:
Grains	<p>Daily minimum and weekly ranges: Grades K-5: 1 oz eq. min. daily (8-9 oz weekly) Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly) Refer to SP 02-2013. Flexibility for additional servings as outlined in SP-26-2013</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Whole grain pastas (spaghetti, rotini, macaroni) <input type="checkbox"/> Whole grain tortillas <input type="checkbox"/> Whole grain pancakes <input type="checkbox"/> Whole wheat flour <input type="checkbox"/> Rolled oats <input type="checkbox"/> Regular and quick cooking brown rice <input type="checkbox"/> Whole kernel corn for further processing <input type="checkbox"/> Exploring whole white wheat/enriched flour blend specification <input type="checkbox"/> Exploring whole grain blend penne
Whole Grains	<p>SY 2013-2014, half of the grain servings must be whole grain rich. Beginning July 1, 2014, all grain products must be whole grain rich.</p>	<p>USDA Foods offers grain products that meet the whole grain criteria.</p>

Growing Up Food Smart with Whole Grains!

CLASS ENGAGEMENT ACTIVITY (~10 minutes)

Activity Overview:

WHOLE GRAINS-FOOD SMARTS ACTIVITY

- A class engagement activity to give children the opportunity to think about the importance of whole grains.

Material Needed:

- “Whole Grain Trivia” OR “My Favorite Whole Grains” worksheet (1-blank for each child); age appropriate options
- “MENU PLANNING” Game Flash Cards & tape
- New package of crayons for each child (provided by Aramark program leader)

Step-by-Step Leader Guide – CLASS ENGAGEMENT ACTIVITY (~10 minutes)

MENU PLANNING GAME (~5 minutes)

- **Do:** Tell children about the activity they are going to participate in.

Say: O.K., now we’re going to have a little fun together and play the “Menu Planning” game. And after the game you’re each going to have the chance to complete your own “Whole Grain” worksheet.
- **Do:** Describe how the “Menu Planning” Game works. Write the categories breakfast, lunch, snack and dinner in underlined columns on the board.

Say: Here’s how it works: I wrote four categories on the board: breakfast, lunch, snack, and dinner. Together we will pick foods from a set of flashcards that we would like to eat at these times of the day. The goal of the game is to make half of our daily grain servings as whole grain, so two of the four categories on the board should include whole grain foods.

Ok lets get started! For breakfast, would you rather eat multi-grain cheerios or rice krispies? Raise your hand if you would you eat multi-grain cheerios (count hands). Raise your hand if you would eat rice krispies (count hands & tape the winner on the board under Breakfast).

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Step-by-Step Leader Guide – CLASS ENGAGEMENT ACTIVITY (continued)

MENU PLANNING GAME continued:

Say (continued): For lunch, would you rather eat your favorite sandwich on whole wheat bread or eat pizza? Raise your hand if you would eat a sandwich. (count hands) Raise your hand if you would eat pizza (count hands & tape winner on the board under Lunch).

For a snack, would you rather eat saltine crackers or whole grain crackers like Triscuits (count hands & tape the winner on the board under Snack).

For dinner, would you rather eat white rice or brown rice with your meal? Raise your hand if you would eat white rice (count hands). Raise your hand if you would eat brown rice (count hands & tape the winner on the board under Dinner).

Now let's count up our grain servings and make sure we made at least half of them whole grains! (count up items out loud with children; if half aren't whole grain, discuss ways to go back and change food items to make half whole grain). It can be that easy to make whole grain choices throughout the day!

Option 1: (ages 6-8)

“My Favorite Whole Grains” Activity Sheet

OR

Option 2: (ages 9-11) “Whole Grain Trivia” Activity Sheet

(~5 minutes)

- **Do:** Give each child an opportunity to complete their own whole grains activity sheet.

Say: O.K. Now we're all going to have the chance to complete your own whole grains worksheet.

We're going to pass around blank worksheets and you all get to (**option 1:** draw and color in your favorite breakfast, lunch & dinner whole grains) OR **option 2:** learn about the parts of a whole grain then unscramble the whole grain related words and use the numbered letters to make a secret whole grain message!)

We'll have about 5-10 minutes, but don't worry if you need more time you can take your worksheet with you.

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HEALTHY BITES – TASTE AND TALK SESSION (~10 minutes)

Activity Overview:

HEALTHY BITES - Whole Grains (Taste & Talk)

- An interactive healthy food experience.
- Children get an opportunity to taste whole grains and talk about what they like or dislike.
- Chef's or Dietitians serve different types of whole grains; Children get to try samples to see which ones they like best.
- Two options to execute for the Taste & Talk portion depending on operational abilities of the facility.

Option 1: Sample Whole Grain Breads (Material Needed):

- **3-4 different types of whole grain breads** (hearty breads work best)
- **3-4 different flavors of high quality jams or preserves**
- 2-3 large serving trays
- Small napkins to serve samples on
- Small plastic knives for tasters to spread jam or jelly on to their bread samples
- Serving gloves

Option 2: Sample Types of Whole Grain Crackers (Material Needed):

- **3-4 different types of individually packaged whole grain crackers** (Look for crackers that list whole grain as number one or two on the ingredient list and contain no more than around 10-12 grams of sugar per serving)
- * Can either serve the entire individually packaged crackers intact or portion onto napkins
- 3-4 serving trays
- Small napkins
- Serving gloves

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Step-by-Step Leader Guide – HEALTHY BITES – Whole Grains (~10 minutes)

Healthy Bites Taste & Talk (~ 10 minutes)

Option 1 Sample Whole Grain Breads :

- **Do:**
 - Slice bread pieces into quarters before the day of the class.
 - Open jam/preserves, place near bread samples with plastic spreading knives for sampling
 - Set up the samples of different breads making different tasting stations.

Say: O.K., now you get to try some whole grain breads. Can anyone tell me which food group they are a part of? (wait for response)
- **Do:** Ask the children which ones they like while they taste, encourage them to talk amongst themselves and say what they think.

Option 2 Sample Types of Whole Grain Crackers:

- **Do:** Place the different types of crackers (on napkins if serving unwrapped and portioned) on serving trays to make different tasting stations.

Say: Ok, now you get to try some different types of whole grain crackers. Can anyone tell me which food group they are a part of? (wait for response)
Great!
- **Do:** Ask the children which cracker they like best while they taste, encourage them to talk amongst themselves and say what they think.

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Program Wrap-up – AWARDING GROWING UP HEALTHY CERTIFICATES

Summary

- Provide each child with a Growing Up Healthy Program Certificate

Material Needed:

- Printed program certificate for each child

Step-by-Step Leader Guide – AWARDING “GRADUATION” CERTIFICATES

- **Do:** Award certificates to all the children

***Say:** You’ve all done such a great job. If you can all line up on your way out the door, I’d like to award you all with a certificate that says that you’ve successfully completed a GROWING UP HEALTHY Program.*

- **Do:** If the individual location decides to provide an appropriate take home gift or prize it would be distributed with the certificates.

***Say:** Thank you all so much; I really enjoyed our time together and I hope you all make at least half your grains whole grain everyday!*