



# Lesson 4: Activity Worksheet

## Whole Grains

[foodliteracycenter.org/lesson4](http://foodliteracycenter.org/lesson4)

### Activity Overview

Students will understand why whole grains contain a high amount of fiber. They will learn about different grains and the amount of fiber they can get from eating these grains. Then, the students will use basic math to calculate what they can eat to reach the daily amount of fiber needed.

### Grade Level

K-6th grade

### Materials

- Grain diagram
- Calculator
- Pen, pencils
- Blank paper

### Talking Points

- "Kids need 15-25 grams of fiber every day, depending on their age.
- When we eat whole grains, our bodies get more fiber, and that makes our bodies very happy--and clean.
- Remember: fiber sweeps out our bodies like a broom.
- "All grains contain fiber, but you'll reach the fiber you need faster with whole grains."

### Fiber Key

Brown rice	1 cup = 3.5 grams of fiber
All Purpose Flour	1 cup = 6 grams of fiber
Pasta	1 cup = 3 grams of fiber
Popcorn kernel	3 cups of air-popped popcorn = 3.5 grams of fiber
Oatmeal	1 cup = 4 grams of fiber
Whole grain bread	1 slice = 3 grams of fiber
Whole wheat flour	1 cup = 13 grams of fiber
Whole wheat pasta	1 cup = 6.3 grams of fiber
White bread	1 slice = 0.8 grams of fiber
White rice	1 cup = 0.6 grams of fiber
Cereal*	<i>*find the amount of fiber on the nutrition label, generally on the side of the cereal box</i>



# K - 6th Grade Activity

## Whole Grains: Instructions

### Instructions

#### All Grades

Show students the whole grain diagram and explain bran:

- "Whole grain has the bran. Think of the bran as the shell of the grain. It contains a high amount of fiber! But many grains have their bran removed to increase shelf life. Therefore, not all grains are whole grain.
- "Recipe: "You can see the bran on an exploded popcorn kernel."

#### 1 - 2nd Grades

- Looking at the fiber key, students identify the item they are familiar with.
  - "Which ones can be cooked and eaten as is, and which need to be ground into flour?"
- On a blank sheet of paper, make a list of food items the student eats on an average day. Then, circle the grains. Adults help students add the amount of fiber their food items accumulate. Did they get enough fiber? Where else can they get their fiber for the day? (fruits & vegetables).

#### 3 - 6th Grades

- Looking at the fiber key, students identify the item they are familiar with.
  - "Which ones can be cooked and eaten as is, and which need to be ground into flour?"
  - "Which one has more fiber? Do you think it has a bran?"
- On a blank sheet of paper, students make a list of food items they eat on an average day. Then, circle the grains and add the amount of fiber. Did they get enough fiber? Where else can they get their fiber for the day? (fruits & vegetables).





# K - 6th Grade Activity

## Whole Grains: Grain Diagram

