

# Grains

## Learning Objectives

- I can identify whole grains vs. refined grains and tell why whole grains are healthier [3.1C and 3.2C]

## Teacher Notes

- Teach this lesson prior to the digestion lesson. That lesson builds from content learned here
- Pause the video at 4:06 so students can find their 5 items.
- 1 thing that was not clear in the instructions: If a student types a food that isn't a whole grain, ask them to try again. Provide hints or assistance as needed. They do NOT need to perform the exercise again if they get the whole grain wrong.
- Video run time = 8 minutes 26 seconds- allow additional 8-10 minutes for the activity

## Lesson Steps: Video Outline [video link](#)

### *Step 1 Introduction + Pre-assessment*

- Chat response (included in video)

### *Step 2 Activity*

- Fiber Tag- students tag others by doing 30 seconds of an exercise and naming a whole grain + the name of the student they are tagging in the chat. When they tag someone, they gain a serving of fiber, and when they get tagged they lose one. The goal is to get 5 servings of whole grain!

### *Step 3 Closure*

- [Exit Slip](#) (see attached)

## Assessments

- The pre-assessment is very informal but should provide a baseline to see if students know any whole grain foods.
- For the exit slip, open the link provided above under Step 3. Change the last 4 letters of the URL in the link from 'edit' to 'copy'. Use the new URL and paste it in the chat to your students. That will force them to make a copy of the exit slip so they can each create their own individual response.



Sample Lesson Plan  
Virginia 2021 SOL Edition  
Created by Tommy Landseadel  
**Nutrition GR3-NUTR-5**  
**Third Grade - 3.1c, 3.2c**

- You could also close class by asking the exit slip questions to the group if you want something more informal.

### **Extensions/Connections/Applications**

- If you don't want to use the chat feature for tags, you can have students verbally say their whole grain and the name of the person they are tagging. It is much more chaotic to play this way, but it can also work for smaller class sizes.

### **Resources/References**

- [Sharecare.com](https://www.sharecare.com)

## Grain List

The grains listed below are all whole grains:

Amaranth  
Barley  
Buckwheat  
Brown Rice  
Corn  
Millet  
Oats  
Quinoa  
Rye  
Sorghum  
Teff Triticale  
Whole wheat  
Wild Rice

Check the ingredient list on your food item. If it has 1 or more of these ingredients, then it has whole grains in it!



## Exit Slip

1) Which type of grain is healthier?

A. Whole Grain

B. Refined Grain

2) Look back at your answer for question #1. What do these types of grains have in them that make them healthier?

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3) Type in 2 examples of a whole grain food:

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