Lesson 15: Whole Grains

“Whole grains, we go! Go, go whole grains!”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out the “Whole Grains” handout. Begin lesson when everyone receives a handout.

Action: Did anyone ever hear of the term whole grain? What are whole grains?

Read the following:
Whole grains are foods made from an entire grain seed or kernel. A picture of a whole grain is on the handout. The kernel has three parts called the bran, endosperm, and germ. These components have many vitamins, minerals and other nutrients that our body needs. So, it is important to eat at least three whole grain foods everyday.

Action: Everyone repeat the following with me, “whole grains, we go! Go, go whole grains!”

Read the following:
Whole grains also contain fiber which also keeps us healthy. Fiber is important for keeping us regular with daily bowel movements. Fiber and fluids such as water are an important combination in preventing constipation. Fiber without water will make us constipated. It is important for us to drink water...
regularly throughout the day while eating whole grains.

**Action:**

Have participants repeat the following:

Everyone repeat with me, “whole grains, we go! Go, go whole grains!”

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**Read the following:**

The following is a list of the most commonly consumed whole grains in the United States, either by itself such as oatmeal, wild rice, or popcorn or as an ingredient in food such as *whole wheat flour* in whole wheat bread.

Whole grain foods are: *brown rice*, *buckwheat*, *bulgur or cracked wheat*, oatmeal, popcorn, *whole grain barley*, *whole grain cornmeal*, *whole rye*, *whole wheat bread*, *whole wheat crackers*, *whole wheat pasta*, *whole wheat sandwich buns* and rolls, *whole wheat tortillas*, and *wild rice*.

Foods that are brown such as any type of brown bread does not mean it is made from a whole grain. But, 100% whole wheat bread is made from a whole grain.

*Whole wheat tortillas*, *whole wheat crackers*, and *soba* or buckwheat noodles are other examples of foods that are...
made from whole grains. Many cold breakfast cereals are also made from whole grains. We should eat at least three whole grain foods a day.

Action: Everyone repeat with me, “whole grains, we go! Go, go whole grains!”

Action: What kinds of whole grains do you like to eat? *Gently encourage people to participate. Thank participants for sharing. If no one participates, ask if they like to eat oatmeal or brown rice.

Read the following: Now we are going to talk about another topic, food poisoning.

Action: Has anyone ever gotten sick from eating food? Has anyone ever gotten food poisoning? *Gently encourage people to participate. Thank participants for sharing.

Read the following: We may have had unsafe food practices when we were younger such as leaving food out at room temperature or keeping leftover food for too long in the refrigerator. We may not have gotten sick by eating these foods in the past, but our bodies are not the same as when we were younger. Now, our bodies are more vulnerable to germs and bacteria that may make us sick. So, we need to be more careful with our food. When in doubt, throw it out.

Action: Repeat with me, “When in doubt, throw it out.” Repeat again with me, “When in doubt, throw it out.”
Read the following: Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to eat at least three whole grain foods every day.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to always throw out food if I think it is spoiled.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: I plan to drink water regularly throughout the day. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That’s the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.