

Whole Grains – Game

10
minutes

In this variation of the game Mingle, students will better understand the concept of whole grains.

1. What are *whole grains*? Grains are small, dry, hard seeds that humans eat, often after grinding them into flour; whole means not split up. Grains have three components, and all three are eaten in whole grain foods. All parts of the grain have health benefits.
2. Let's learn more about the three parts of a grain. Three student volunteers will model the three parts of the grain.
 - **Germ:** The part of the grain that sprouts into a new plant. (Volunteer 1 sits with their hands out like leaves.)
 - **Endosperm:** Provides the food source for the new sprout. (Volunteer 2 kneels next to the endosperm and points to their mouth.)
 - **Bran:** This outer coat protects the germ and endosperm sunlight, disease, and pests. (Volunteer 3 stands over the endosperm and germ, reaching their arms like a covering over the endosperm and germ.)
 - Whole grain foods include all three parts of the grain.
3. To play the game, students will walk slowly around the classroom quietly repeating the word, "Mingle, mingle, mingle." When the leader says, "Whole grains," students will form groups of three with students around them as quickly as possible. Groups will quickly decide on one student to act like the **germ** (sitting with hands out like leaves), **endosperm** (stand and point to their mouth), and **bran** (stand and protect others with their arms).
4. The leader can assist students as they find complete groups of three. Groups should explain to each other their roles in the whole grain. Then, start repeating, "Mingle," again and play another round. Continue until students are comfortable explaining the three parts of grains.
5. **Extension:** Read *The Little Red Hen* by Jerry Pickney. What are the steps grains go through from the field to our table?



Observation

Comparing Whole Grains

15
minutes

Observe whole grain products to find similarities and differences.

Materials: a variety of whole grain products such as whole grain tortillas, whole grain pasta, and brown rice; as a comparison point, show refined-grain tortillas, pasta, and white rice, as well

1. Encourage students to observe and explore the different food examples. How are they similar, and how are they different?
 - Whole grain products are made from the entire grain: the germ, endosperm, and bran. The color may be darker brown. The texture or shape may be rougher. All parts of the grain have health benefits.
 - Refined grain products have the bran and germ removed before grinding the flour. The color may be lighter. The texture may be smoother.
2. Follow up this activity by tasting samples of whole grain foods.

Tasting Activity

Whole Grain

10
minutes

1. Before passing out any samples, review Brave Tasting Expectations, including “Don’t yuck someone else’s yum” and “We all wait and try together.”
2. Consider offering a variety of whole grains such as whole grain tortillas, whole grain pasta, and brown rice.
3. After tasting, ask students to voice their thoughts and “Vote with your thumb.” Thumbs up, to the side, or thumbs down. I like it, it’s okay, or no thank you.