

# CLASSROOM ACTIVITIES

## Grades K-2 & 3-5

### Whole Grain Collage

#### Objectives:

1. Students will be able to identify whole grain foods.

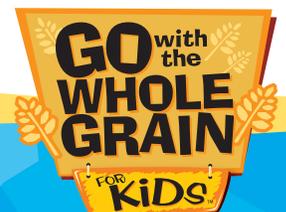
#### Materials:

- Food packages from whole grain foods
- Pictures of whole grain foods
- Tape, stapler, tacks (however packages will be attached to collage)

#### Preparation:

1. Decide where the classroom collage will be (e.g., bulletin board, poster, wall space)
2. Bring in some whole grain food packages or pictures for students who do not bring in their own.

NOTE: This activity will be in two parts. The first part will be the assignment to bring in food packages from home and the second will be making the collage in the classroom. It is suggested that students have about a week to bring in their packages or pictures.

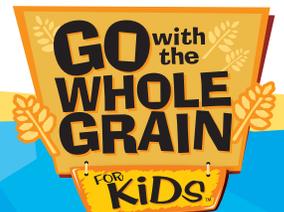


## Whole Grain Collage, page 2

### Directions:

# Part One: The Assignment

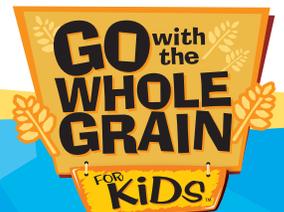
- A.** Explain to the class that they are going to do an art project using packages and pictures of whole grain foods.
- B.** Tell them they will need to bring in empty packages from home, cut out pictures from magazines or print some from the Internet.
- C.** Ask: How will you know if a food has whole grains in it?
  - Ask a parent or other adult.
  - Read the food label to look for whole grain as the first ingredient or have someone do it for you.
- D.** Explain that you will be sending information home with them so their parents or the adult they live with can help them find the packages. They can bring in as many as they want to, but they should each try to bring in at least one package or picture.
- E.** Tell them they can start bringing in their packages or pictures at any time.  
They have until \_\_\_\_\_ to bring them in.  
(Day or date)
- F.** Show the students where to put the packages when they bring them in.
- G.** Hand out a Whole Grain Collage Take Home Sheet to each student. Explain that they should give this to their parents or the adult they live with so they will be able to help them.



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# Part Two:

- A.** Explain that today the class is going to make a collage out of the packages and pictures of whole grain foods they brought in over the past few days.
- B.** Explain that they will take turns adding a package to the collage. It is okay if the package they add is not the one that they brought in.
- C.** Call on each student one at a time to pick a package or picture. With the student identify the food and find the label if there is one. Read the label to find out what kind of whole grain is in the food.
- D.** Have the student attach the package or picture to the collage.
- E.** Summarize by saying how easy it is to eat whole grain foods every day since there are so many to choose from.



# We're Making a Whole Grain Collage!!!

Dear Parent/Guardian,

Our class has been learning about whole grains through the Go With The Whole Grain for Kids curriculum. The students have been learning about the importance of eating whole grain foods every day. As part of this program we are going to make a collage using empty packages of foods made with whole grains and pictures of whole grain foods from magazines or the Internet.

We are asking that each student bring in at least one empty package or picture by \_\_\_\_\_ .  
(Date)

In class we will look at the package labels to see what whole grains are in the food. If you do not already buy whole grain foods, now is a great time to start. There are a variety of whole grain cereals, breads, crackers and snacks to choose from at the grocery store. Try a new one this week and send in the package with your child! Remember, at least half of your servings of grains every day should come from whole grain foods.

Thanks for your help!

## TIPS ON FINDING WHOLE GRAIN:

Finding foods made with whole grain is easy, once you know what to look for. Discover whole grain foods in your supermarket with these quick tips.

### Scan the ingredient list

Foods made with whole grain will list a whole grain—such as wheat, oats, corn or rice—near the top of the ingredients list. You'll know it's whole grain if the words "whole" or "whole grain" appear before the grain's name in the ingredient list (e.g. whole grain oats, whole wheat).

### Look for the Whole Grain Seal



Some food manufacturers make it easy to identify foods made with whole grain by identifying products with a symbol or statement. Look for words like "made with whole grain" or "Provides at least 8 grams of whole grain per serving" on the package.

### Take note of the health statement

This government authorized statement points out the connection between whole grain foods and health. Whole grain foods that meet certain requirements can carry this message. Look for it on packages:

*"Diets rich in whole grain foods and plant foods and low in total fat, saturated fat and cholesterol may reduce the risks of heart disease and some cancers."*

