



## GRAIN SCAVENGER HUNT

**TYPE OF ACTIVITY:** Outdoor

**KEY CONCEPT:** Eat a variety of foods



### OBJECTIVES:

- › Children will name foods made from grains.
- › Children will practice gross motor skills by moving around the playground.
- › Children will learn that grains give us energy.

### MATERIALS:

- › Models or pictures of grain foods
- › Models or pictures of foods that could be paired with grains (e.g. peanut butter, chicken, milk, tomato sauce)
- › Healthy Bear



### PROCEDURE:

1. Set-up: Place food models in different places around the playground.
2. Have Healthy Bear introduce the scavenger hunt by reminding children that there are many types of grains. Encourage children to name foods made from grains. Talk about foods that often go with grains (e.g. macaroni and cheese, cereal and milk, spaghetti and meatballs, tortillas and beans). Suggested phrases:
  - a. *Grains give us energy. Today we are going on a scavenger hunt to look for some grains and other foods to eat with the grains.*
  - b. *Have you ever eaten chicken and rice casserole? Rice is in the grain group. Broccoli is a vegetable, and chicken is in the protein group.*
3. Send children to find a grain and bring it back. When they return, help them name the grain, and then send them to find a food to go with it. If a child brings back a food other than a grain, name the group and encourage them to find a grain to pair with it. Help them think of examples. Suggested phrases:
  - a. *You found rice. Rice is a grain.*
  - b. *What foods would go well rice? Why don't you go find chicken or cheese or broccoli to put with your rice?*

### ADAPTATIONS/EXTENSIONS:

**Math/Literacy:** Give children cards with grains, and cards with names and pictures of foods that could be eaten with grains. Encourage children to match the cards, and identify the first letters of the words.

#### Day 4: Grains

For more activities, visit [eathealthybeactive.net](http://eathealthybeactive.net)