



HEALTHY BEAR SAYS, "GRAINS GIVE US ENERGY"

TYPE OF ACTIVITY: Large group

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will name and describe foods in the grain group.
- › Children will explain that grains give them energy.

MATERIALS:

- › MyPlate poster
- › Healthy Bear
- › Pictures of foods in the grain group (rice, pasta, cereal, bread, etc.)
- › Book: *Bread, Bread, Bread* by Ann Morris
- › Flip chart, paper and markers



PROCEDURE:

1. Explain that Healthy Bear is back to talk about grains. Ask the children what foods are made from grains. Show pictures of grains. Remind them where grains are on the MyPlate poster. Suggested phrases:
 - a. *What kind of foods are in the grains group? Bread, pasta, cereal, and rice are all grains.*
 - b. *Does anyone remember where they go on MyPlate? Grains go in the orange section.*
 - c. *Grains give us energy to play.*
2. Have Healthy Bear read *Bread, Bread, Bread* to the class. As you read, help children to notice the different types of bread. Suggested phrases:
 - a. *What kind of bread is this boy eating? It is loaf bread. Do you like to eat peanut butter on bread?*
 - b. *What do you like to eat on tortillas? Sometimes we eat them with refried beans and cheese.*
3. After reading the book, have Healthy Bear review some of the types of bread in the book. Make a list of types of bread they can remember.

ADAPTATIONS/EXTENSIONS:

Nutrition: Let the children taste different types of bread (French, sourdough, wheat, rye, cinnamon raisin, etc.). Encourage them to describe how the breads are alike or different. Let them decide which kinds they like best.

Math: Let the children vote for their favorite bread. Graph the results.

Day 4: Grains

For more activities, visit eathealthybeactive.net