



Flying Pig Kids Marathon
Helping Kids Be Smart, Eat Well and Move More!
Coordinator Tips

Nutrition Challenge #3 - Go For the Whole Grain

The key message is to make have your grains whole. School-aged children need 3 to 5 servings of whole grains each day. Whole grains foods provides fiber, B vitamins and other important nutrients.

Encourage kids to eat more whole grains like whole wheat English muffins, oatmeal and whole grain breakfast cereals.

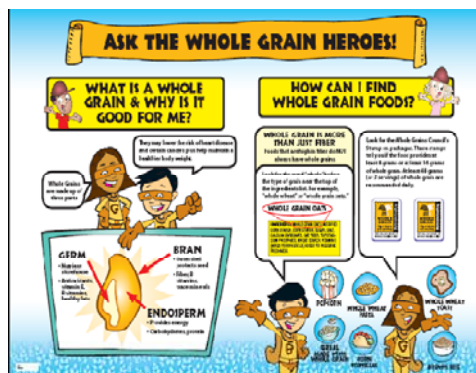
1. Serve whole grain foods during snack time. Try whole wheat crackers with cheese, mini pizzas made with whole wheat English muffins, trail mix made with whole grain cereals (shredded wheat and toasted oats).
2. Plan a label reading activity comparing different whole grain food to refined foods (i.e., breads, cereals, rice, oatmeal). Tell the students to look at the ingredient list; the first words should read "whole" or "whole grain".
3. Play "Match the Whole Grain" Game. Choose several whole grain foods and ask students to match the grain with the descriptors. Whole grain foods can be put into clear plastic cups. Try brown rice, barley, oatmeal, quinoa, whole wheat couscous.
4. Host an Around the World Party - Taste whole grains from different cultures. Try corn tortillas (Mexico), whole wheat pita pockets (Middle East), whole wheat bagels (Europe), and popcorn (US).
5. Encourage kids to learn more about whole grain foods by playing online games. <http://www.wheatfoods.org/FlashForKids/index.html>

6. Try one of the many lesson plans on whole grains these sites:

- General Mills Bell Institute:
<http://www.bellinstitute.com/ResourceDetail.aspx?ResourceId=405&PageId=107&SubPageId=93>
- PBS Kids:
<http://www.pbs.org/teachers/includes/content/lunchlab/wholegrains.pdf>
- Visit [wholegrainscouncil.org](http://www.wholegrainscouncil.org)
<http://www.wholegrainscouncil.org/resources/pdfs-from-the-whole-grains-council>

7. Make a whole grain bulletin board with a collage of whole grain packages and posters. Here are some free or low cost resources.

- <http://www.bellinstitute.com/DisplayResource.aspx?ID=268>



Team Nutrition has brochures and mini posters on whole grain foods.

- http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=526&level3_id=0&level4_id=0&level5_id=0&topic_id=2519&&placement_default=0