

PE Activity: Capture the Whole Grain

Supplies Needed for a Class of 25:

- 10 yellow bean bags
- 10 orange bean bags
- Tape to make a line down center of room

Length of Time to Complete:

- 3 minutes to introduce activity
- 10 minutes to perform activity

Audience (grades): 4th

Lesson:

Raise your hand if you can tell me what a whole grain is.

(A whole grain contains all three parts of the grain: the bran, germ and endosperm.)

The bran is the outer shell of the grain. It contains B vitamins and fiber. The endosperm is the starchy part of the grain. It has some minerals, protein and a few vitamins. The germ is where the seed is stored for a new plant. The germ contains healthy fats, B vitamins, protein and minerals.

What are some examples of whole grain foods?

(Brown rice, whole wheat pasta, whole wheat bread, oatmeal)

Sometimes we may eat foods like crackers, white bread or pasta. These foods are called refined foods because they were made, or manufactured, only from the endosperm. Since the bran and germ are removed, so are most of the B vitamins, minerals, fats and fiber. Manufacturing companies add back in B vitamins and minerals to make up for what was lost. This type of grain is called an enriched grain.

Remember enriched grains are missing fiber and healthy fats, so it is still important to eat whole grains every day.

Raise your hand if you can tell me how we find out if a food contains whole grains. Here is a hint; there are two tips you learned in class that will help you. *(Read the ingredient list and look for grain names like barley, oatmeal, wheat berries, brown rice, or words like 100% whole wheat and watch out for words like enriched or refined on the package.)*

Now that we have reviewed how to identify whole grains, we are going to play a game called Capture the Whole Grain.

Set-Up:

- Divide the class into two teams - one Yellow team and one Orange team
- Each team will stand on opposite sides of the gym. The line in the middle of the gym will separate the team sides.
- Each team will have their designated-color bean bags on their side of the gym.
- Point out the “manufacturing plant”, the designated area where they go when tagged. There should be one manufacturing plant for each team.

Rules:

- The bean bags represent whole grains.
- The objective is for each team to work together to bring the whole grain bean bags from one side of the gym to the other side without being tagged.
- If a student is tagged, they must go to the “manufacturing plant” on the other team’s side of the gym and wait to be saved by a team member.
- In order to be saved, a team member must run to the “manufacturing plant” without being tagged and grab their team member by the hand.
- Once the team members have joined together by hand, they can both walk safely back to their side of the gym.