

**4****January PE Activity: Capture the Whole Grain****Nutrition Lesson(s) Supported:**

- Identifying Whole Grains

**Supplies Needed:**

- 5 Yellow bean bags
- 5 Orange bean bags
- Tape to line center of room

**Length of Time to Complete:**

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

**Audience (grades): 4th****Common Core Standards Taught:**

- English Language Arts: Speaking and Listening: 4.1
  - Follow agreed-upon rules for discussions and carry out assigned roles.
  - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.

**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 when 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. So 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. Hint: there are 2 tips you learned in class that will help you.

1. Read the ingredient list and look for grain names like barley, oatmeal, wheat berries, brown rice, or words like 100% whole wheat.
2. 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.

We are going to separate into two teams. One team will be the Yellow team, and the other will be the Orange team. Each team will stand on opposing sides of the gym. The line in the middle of the gym will separate the team sides.

The Yellow team will have 5 yellow bean bags lying on their side of the gym. The Orange team will have 5 orange bean bags lying on their side of the gym. These 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 without being tagged.

If a team member is tagged, they must go to a designated area of the gym (call it the manufacturing plant) 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. Both can then walk safely back to their side of the gym.