

4**December PE Activity: The Grain Game****Nutrition Lesson(s) Supported:**

- Wholesome Whole Grains

Supplies Needed:

- Stopwatch
- Pennies - 2 different colors, 10-20 per color, depending on class size

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to perform exercises

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:

This month in class you learned about whole grains. Raise your hand if you can give me an example of a whole grain food.

(100% Whole wheat bread, brown rice, oatmeal, popcorn)

Whole grain foods are not refined, meaning that no parts of the grain are removed when a food is made. So when you say you are eating a whole grain food, you are eating a food that is not missing any (nutritious) parts of the grain.

Raise your hand if you can tell me what the three parts of a grain are.

(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.

Since whole grains are so good for us, every day we should aim to make at least half the grains we eat whole grains.

Today we are going to play The Whole Grain Game. We are going to start by separating into three equal groups.

(Give one group pennies of one color. Give second group pennies of a different color. The third group will not have pennies.)

- Group 1 - the bran group/runners
- Group 2 - the germ group/taggers
- Group 3 - the endosperm group/un-taggers

When I blow the whistle, the bran group (Group 1 – say their penny color) will run around the gym and try not to be tagged by the germ group (Group 2- say their penny color). If you are tagged, you must freeze in place. Someone from the endosperm group (Group 3) can then come and tag you again, to “unfreeze” you.

The game will continue until the whistle blows.

PE teacher note:

This game can be modified by allowing each student to rotate each role every 3 minutes, as shown in the chart below.

	<u>Bran (1)</u>	<u>Germ (2)</u>	<u>Endosperm (3)</u>
First rotation:	runner	tagger	un-tagger
Second rotation:	tagger	un-tagger	runner
Third rotation:	un-tagger	runner	tagger