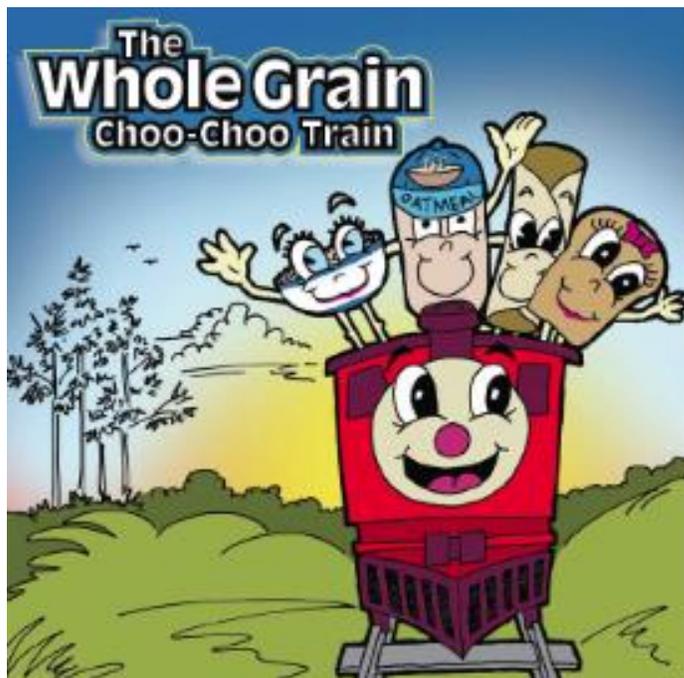


Child Nutrition & Wellness
Kansas State Department of Education
Presents



**Whole Grain
Choo-Choo Train
Lesson Plan**

This class was developed by Child Nutrition & Wellness, Kansas State Department of Education. Class content and activities were adapted from the following sources:

- *The Whole Grain Choo-Choo Train Lesson Plan*, Mary Stickney, Florida Department of Health
- *The Whole Grain Choo-Choo Train*, Kathy Reeves, MS, RD, LD, Mary Stickney, MA, RD, LD, Diane Bowden, MPH, RD, LD, Illustrated by Rob Gelhardt, Florida WIC and Florida Department of Health.
- *Go With Whole Grains for Kids*, Bell Institute of Health and Nutrition, General Mills, <http://www.bellinstitute.com/ResourceDetail.aspx?ResourceId=717&PageId=81&SubPageId=65>
- USDA/FNS, *Whole Grains: Tips and Guidance for Moms* (4-19-12)

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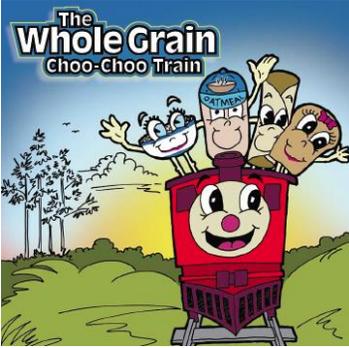
For further information, please contact: Child Nutrition & Wellness, Kansas State Dept. of Education, Landon State Office Building, 900 SW Jackson Street, Suite 251, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232, www.kn-eat.org, Cindy L. Johnson, Training Coordinator, cljohnson@ksde.org.

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Whole Grain Choo-Choo Train Learn It Live It Lesson Plan

Objective: Children will recognize varieties of whole grain rich foods.

Supplies Needed:

- Whole Grain Choo-Choo Train Story Book
- Circle of construction paper or small paper plates
- Pictures of grain foods, crayons, glue sticks
- Whole Grain Choo-Choo Train character for each child and tape
- Whole grain crackers and napkins
- Copies of Take Home Messages

Listen and Learn Activity

- Read the Whole Grain Choo-Choo Train Book in the packet or download from <http://www.floridahealth.gov/programs-and-services/wic/nutrition-materials/whole-grain-choo-choo-train/index.html>
- When the teacher says, “Choo-Choo Whole Grains”, teacher and children pretend to pull the whistle on a train by making an up and down motion with fist.
- Talking Points – state after the story:
 - “Many good foods are made from whole grains.”
 - “Eat half of grains as whole grains.”

Hands-On Activity

- Children color pictures of whole grains and will glue them on a round circle or a small paper plate to make a My Grain Plate Collage. AND/OR
- Children color their grain character for the Choo-Choo Train Game.

Hands and Feet Physical Activity: Whole Grain Choo-Choo Train Game

- Tapes one of the four whole grain characters onto each child’s shirt.
- Say:, “All aboard the Whole Grain Choo-Choo Train”.
- Move around the room calling each character by name to hop on board by holding on to the child’s waist in front to form a train. As each child is added to the train, all children say, “Choo-Choo Whole Grains!”
- Play music in the background.

Taste It Try It Activity

- Provide each child with 2-3 whole grain crackers to taste test.

Take Home Message

- Send Whole Grain Choo-Choo Train Take Home Message with parents.

Adapted from:

- Mary Stickney, Whole Grain Choo-Choo Train book and lesson plan, Florida WIC, Florida Department of Health; <http://www.floridahealth.gov/programs-and-services/wic/nutrition-materials/whole-grain-choo-choo-train/index.html>
- Go With Whole Grains for Kids, Bell Institute of Health and Nutrition, General Mills; <http://www.bellinstitute.com/ResourceDetail.aspx?ResourceId=717&PageId=81&SubPageId=65>

Adapting the Lesson Plan for CACFP Adults

Supplies Needed:

- Copies of adult-participant Take Home Messages
- Assorted grain packages with ingredient labels.
- Whole grain crackers and napkins

Listen and Learn Activity

- Review the Take Home Messages, “What Are Whole Grains?”

Hands-On Activity

- Provide participants or groups of participants with packages/bags with ingredient labels from an assortment of whole grain products, whole grain added products and refined products.
- Ask participants to pick out which products which are really whole grain rich by looking at the labels or the whole grain stamps.
- Participants can also make a whole grain collage.

Taste It Try It Activity

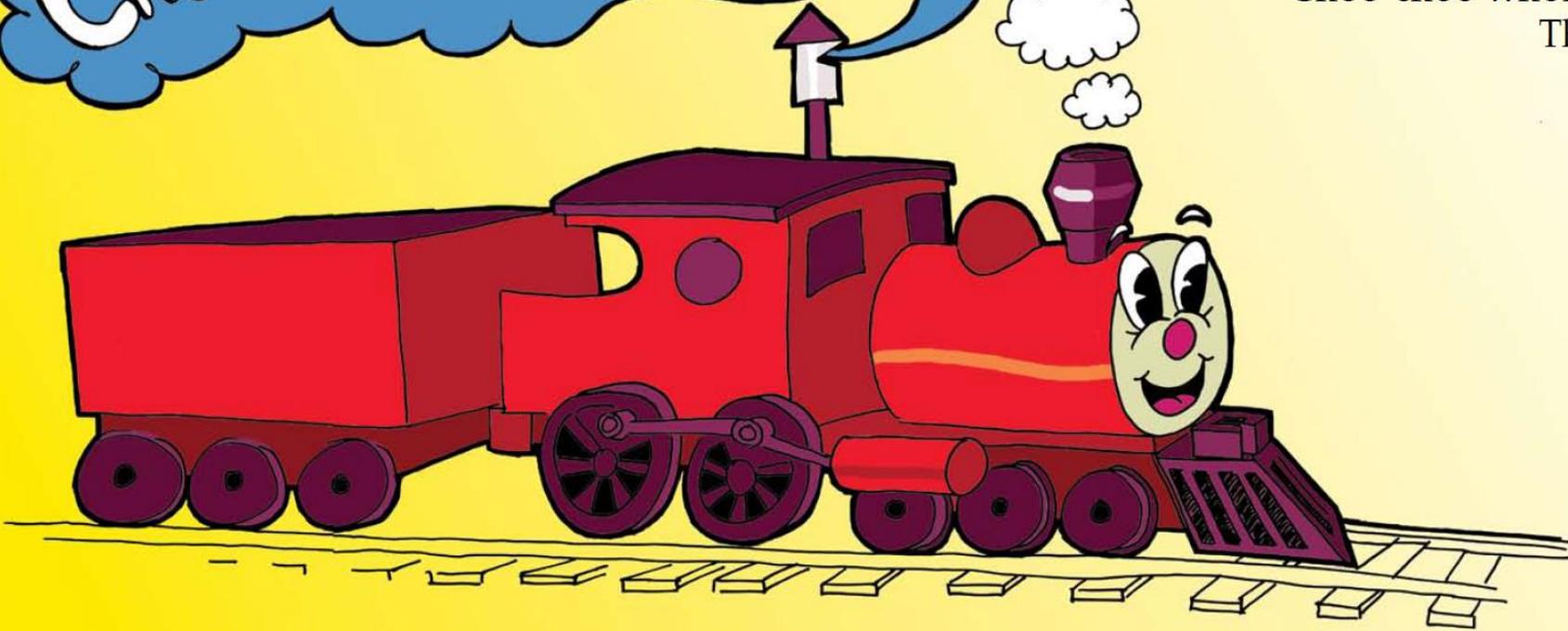
- Provide each participant with 2-3 whole grain crackers to taste test.

Take Home Message

- Provide each participant with a take home message handout.

Choo-Choo Whole Grains

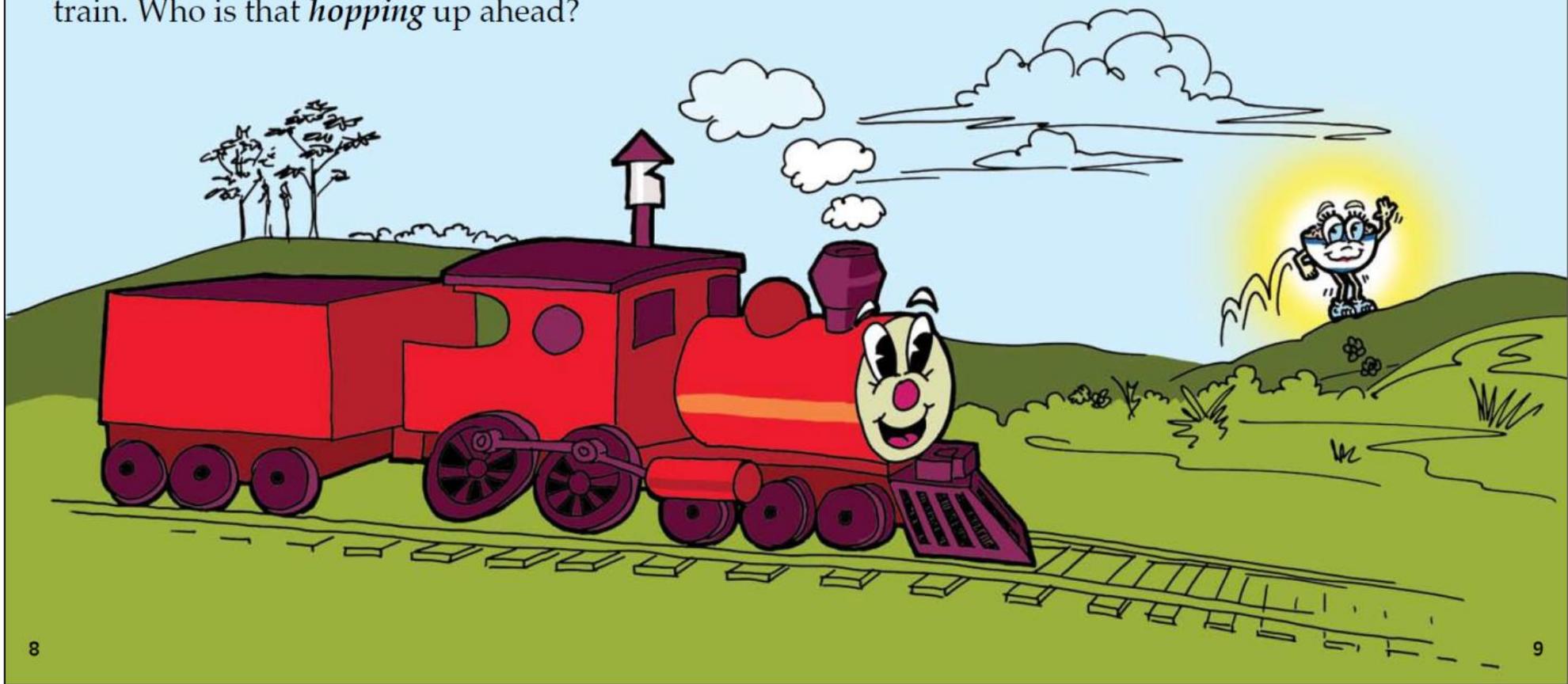
Hi! I'm the Whole Grain Choo-Choo Train.
Come along and ride with me. Choo-choo
whole grains! Can you help me
blow the whistle and say,
"Choo-choo whole grains?"
That's great!



My job is to find **whole grains** for children to eat. Whole grains are found in foods like brown rice, oatmeal, soft corn tortillas, and whole wheat bread. Whole grains give you energy to run, think, and play.

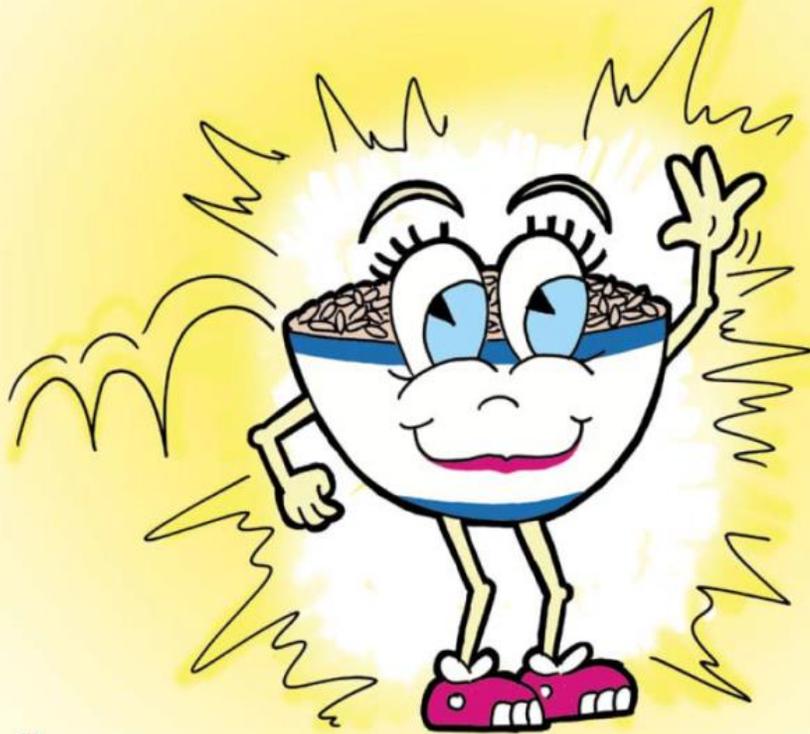


Let's find some whole grains to ride on the train. Who is that *hopping* up ahead?



It's **Bonita Brown Rice!**

Hop on board the train, Bonita Brown Rice.



10

16.00 x 8.00 in

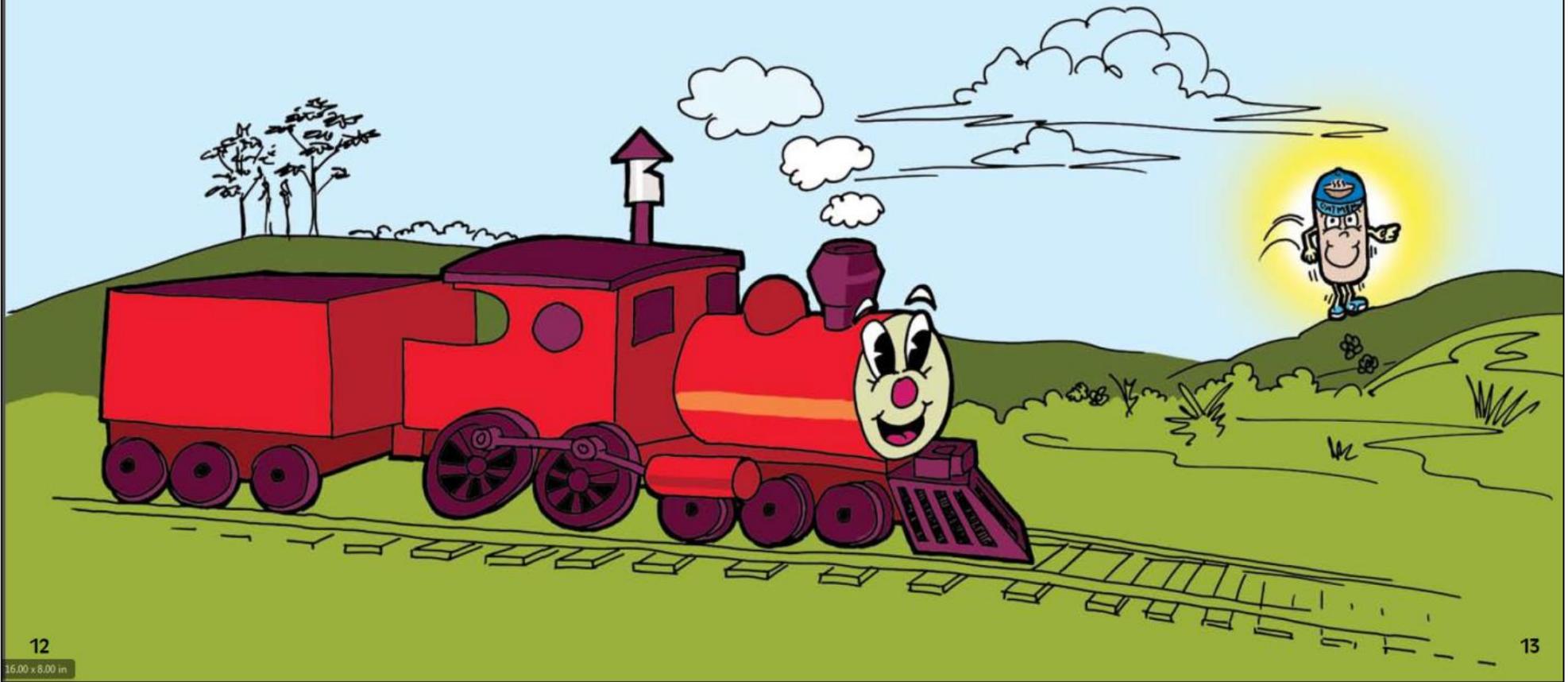
Help Bonita Brown Rice blow the whistle.

Say, "Choo-choo whole grains!"

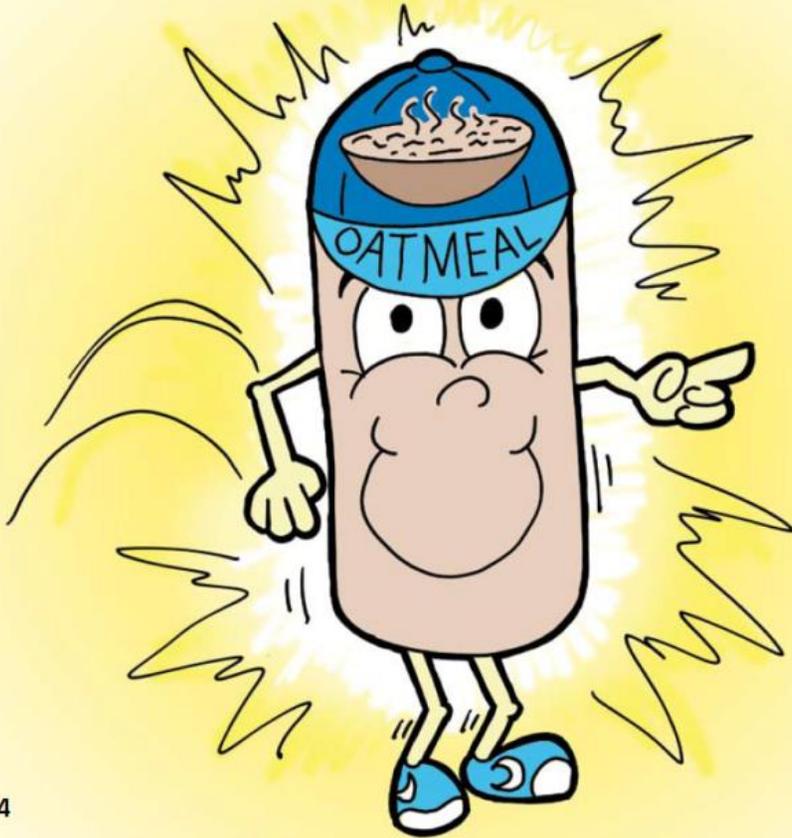


11

And who is that *jumping* up ahead?

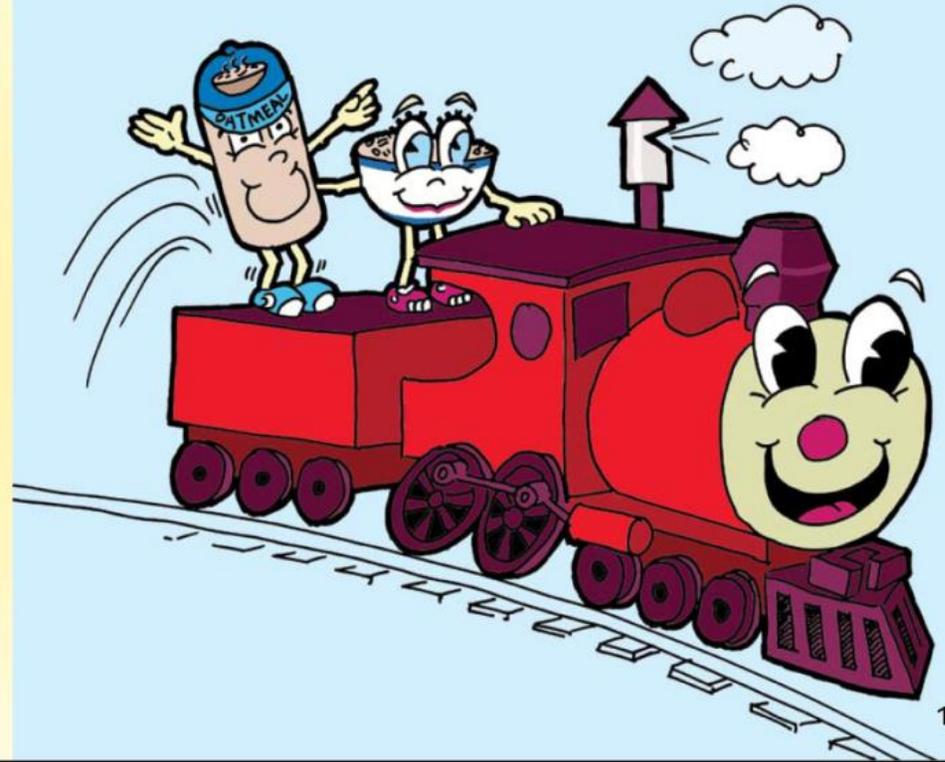


It's Ollie Oatmeal.



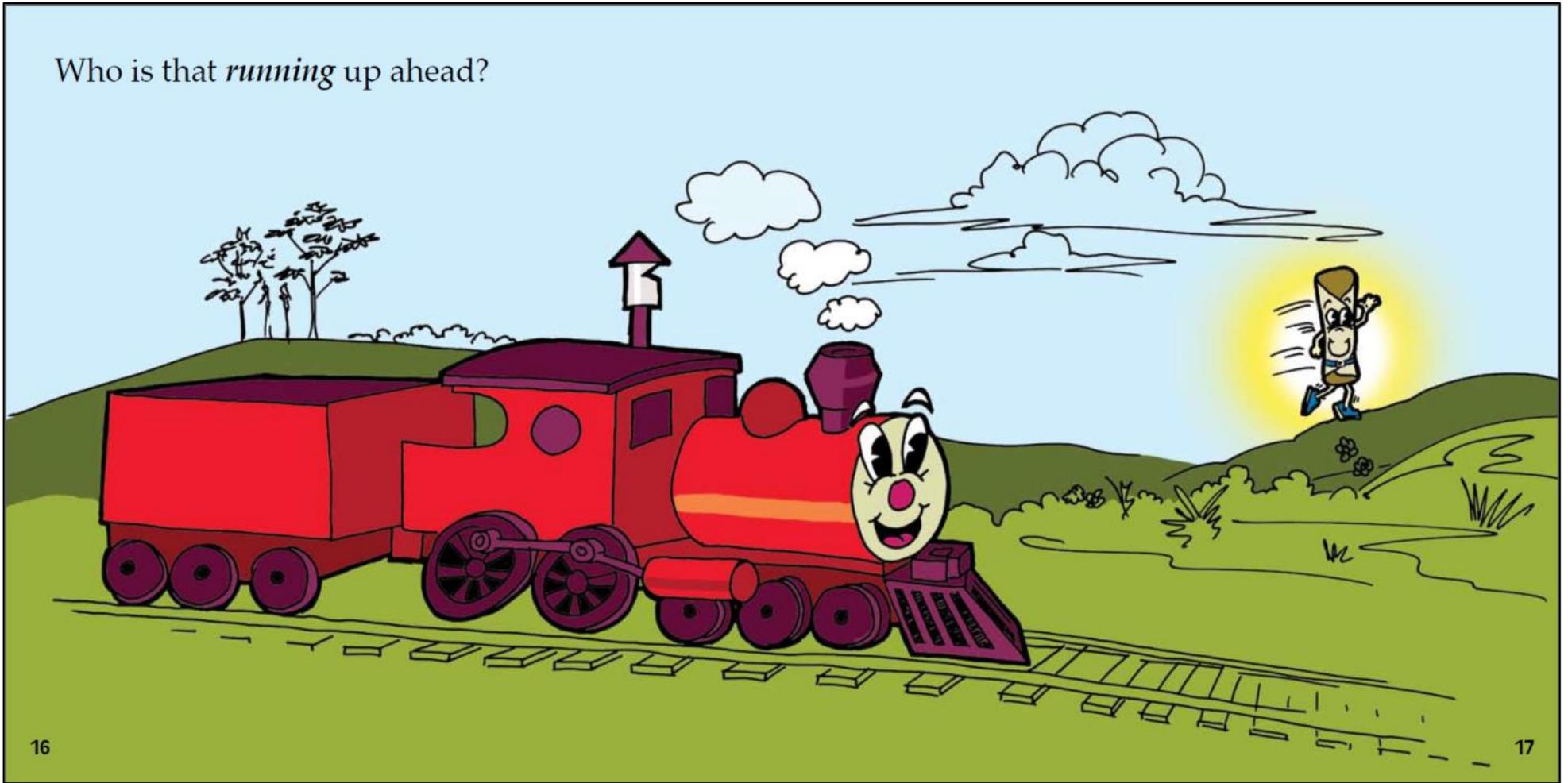
14

Jump on board the train, Ollie Oatmeal.
Say, "Choo-choo whole grains!"

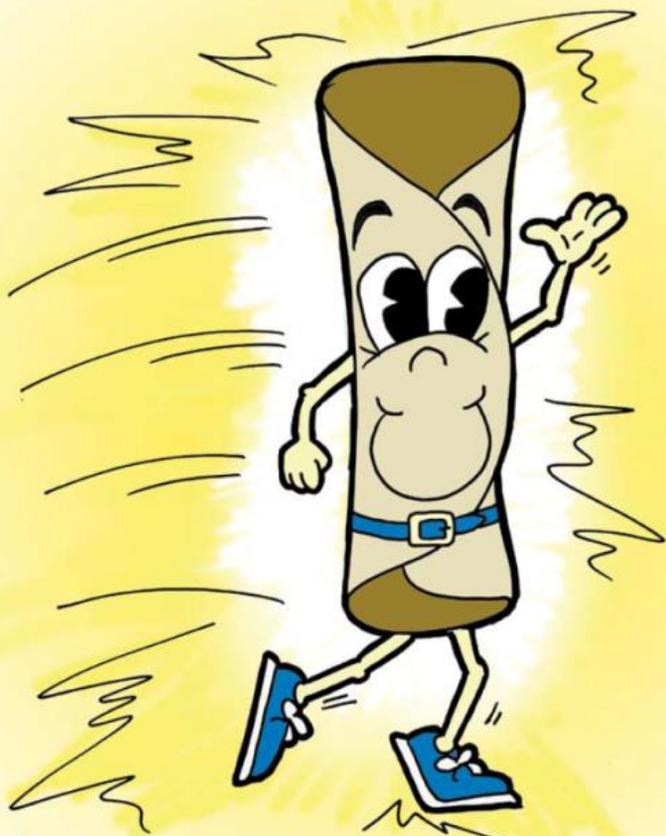


15

Who is that *running* up ahead?



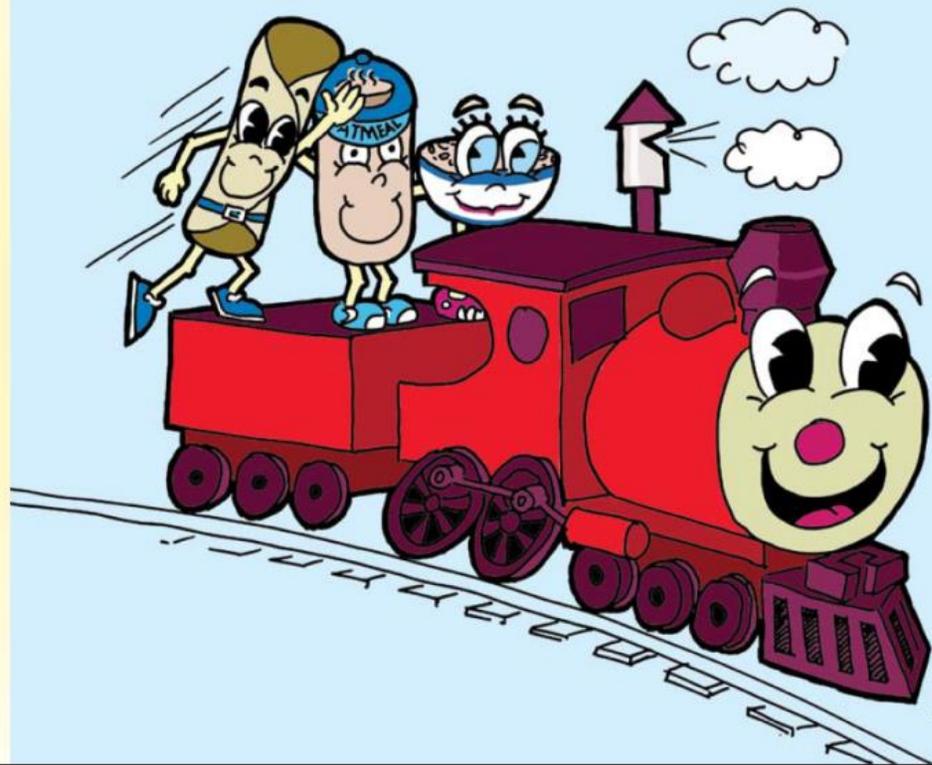
It's Tito Soft Corn Tortilla.



18

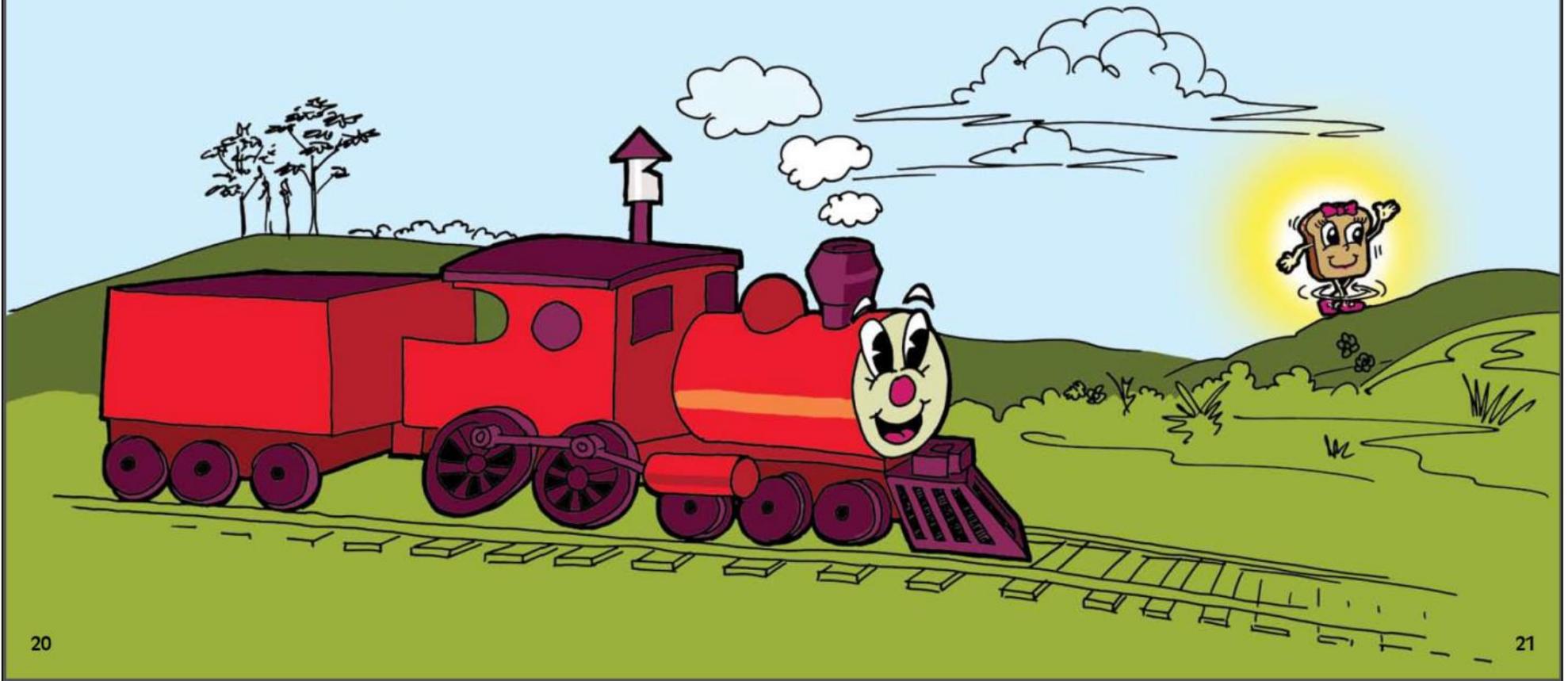
16.00 x 8.00 in

Run onto the train, Tito Soft Corn Tortilla.
Say, "Choo-choo whole grains!"

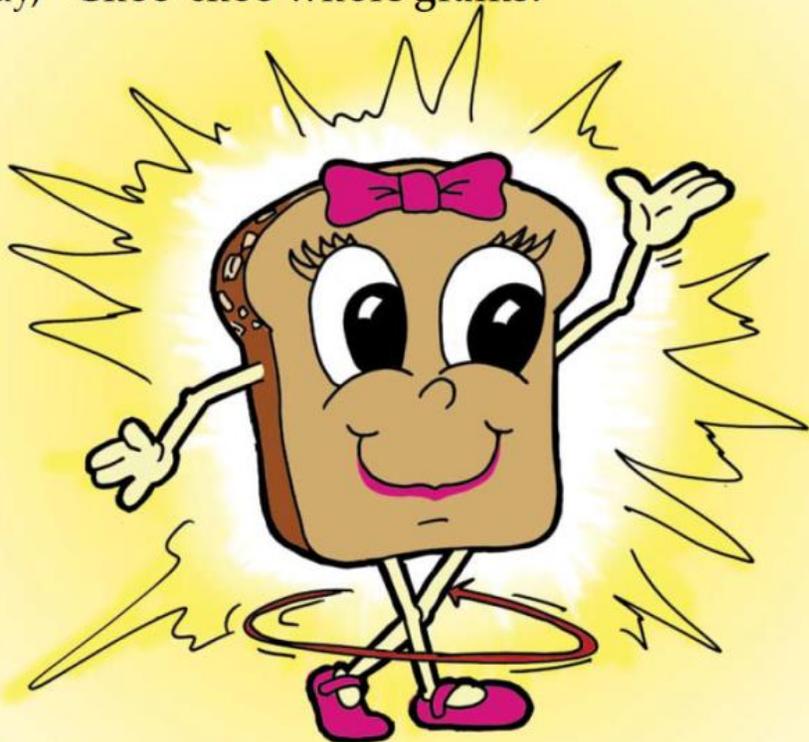


19

And who is that *turning* around and around?



It's **Haley Whole Wheat Bread**. *Turn* and get on board the train, Haley Whole Wheat Bread. Say, "Choo-choo whole grains!"



22

15.00 x 8.00 in

Yes! We did it. The Whole Grain Choo-Choo Train is full. Say, "Choo-choo whole grains!"



23

Now we need to drop off each of the whole grains. First off is **Bonita Brown Rice**.
Hop on down Bonita. Good bye Bonita.
Say, "Choo-choo whole grains!"



Second stop is for **Ollie Oatmeal**.
Jump on down Ollie. Good bye Ollie.
Say, "Choo-choo whole grains!"



Third step is for **Tito Soft Corn Tortilla**.
Run Tito. Good bye Tito.
Say, "Choo-choo whole grains!"



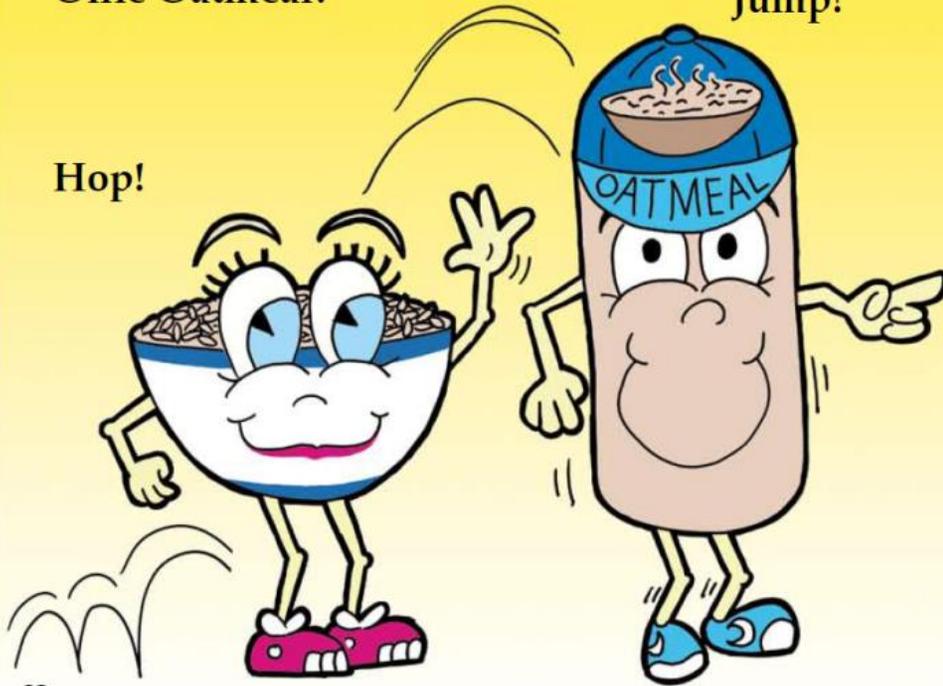
Fourth step is for **Haley Whole Wheat Bread**.
Turn around and around Haley. Good bye Haley.
Say, "Choo-choo whole grains!"



Can you *hop* in place like
Bonita Brown Rice?
Can you *jump* in place like
Ollie Oatmeal?

Jump!

Hop!

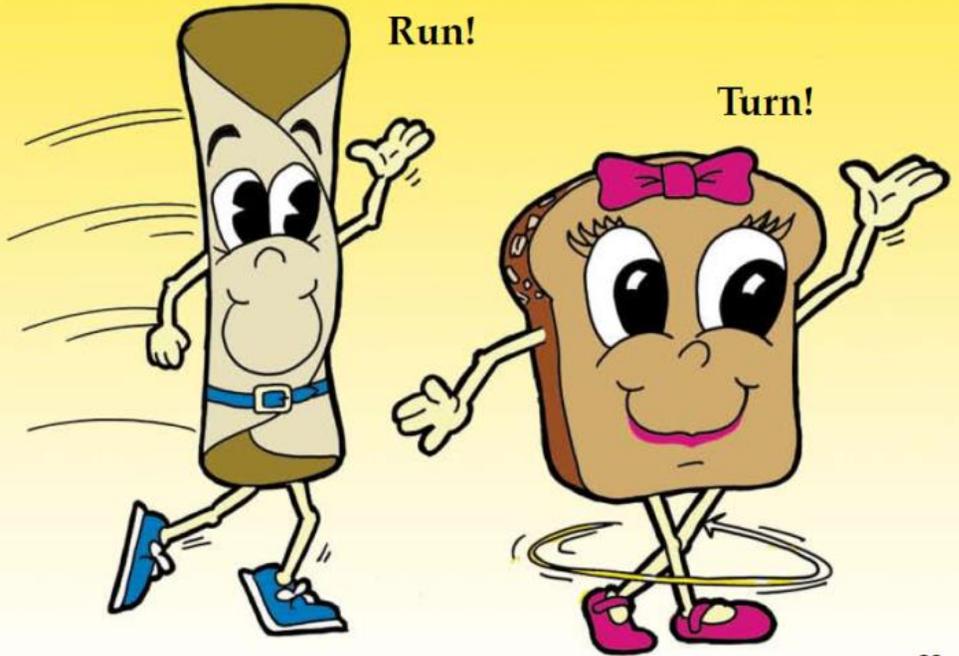


28

Can you *run* in place like
Tito Soft Corn Tortilla?
Can you *turn* around and around like
Haley Whole Wheat Bread?

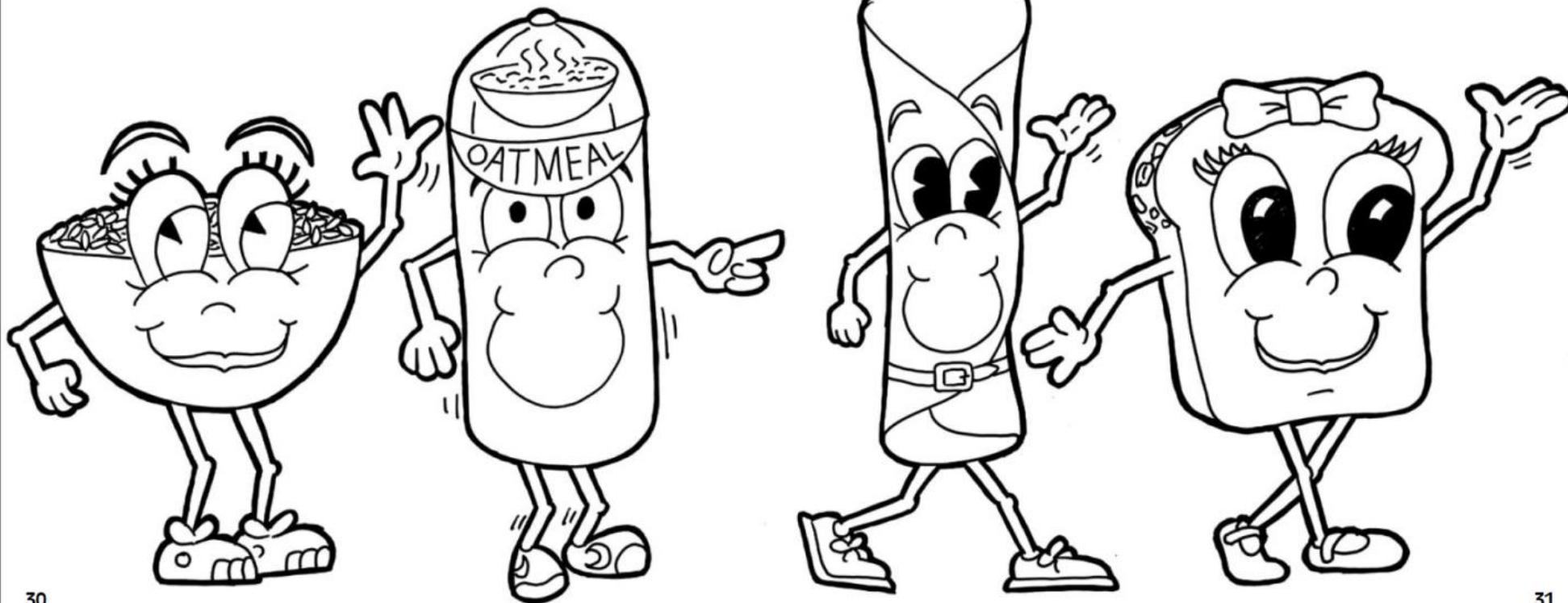
Run!

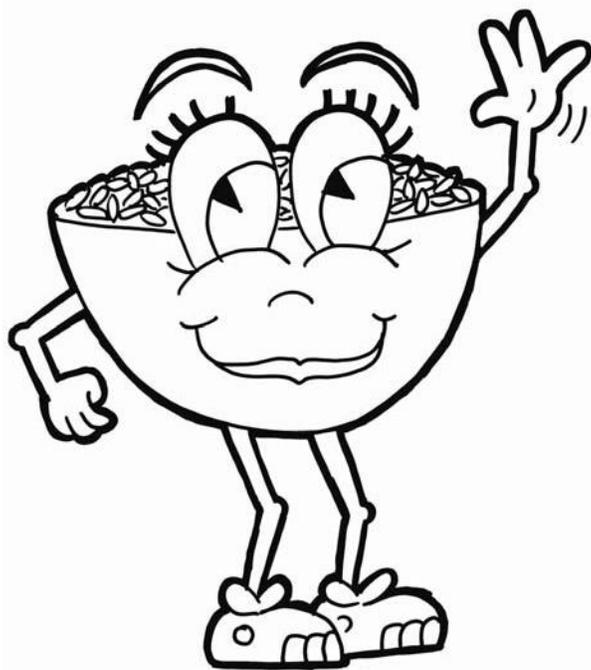
Turn!



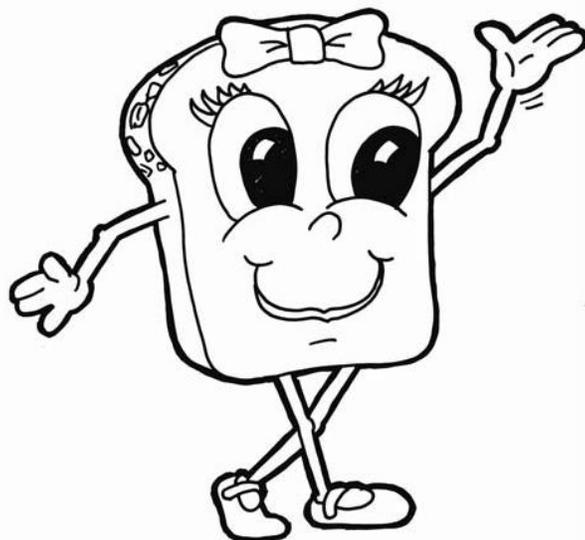
29

Color the whole grains
you want to taste.

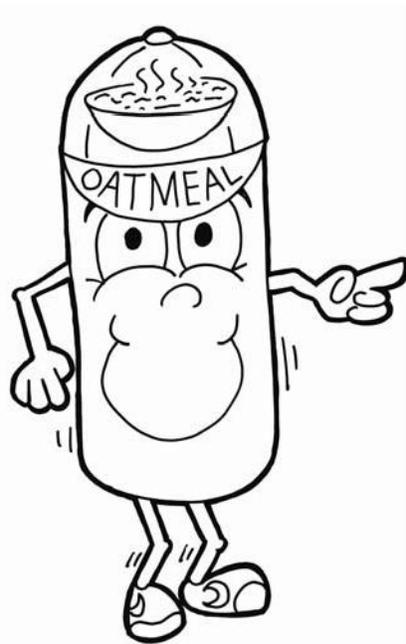




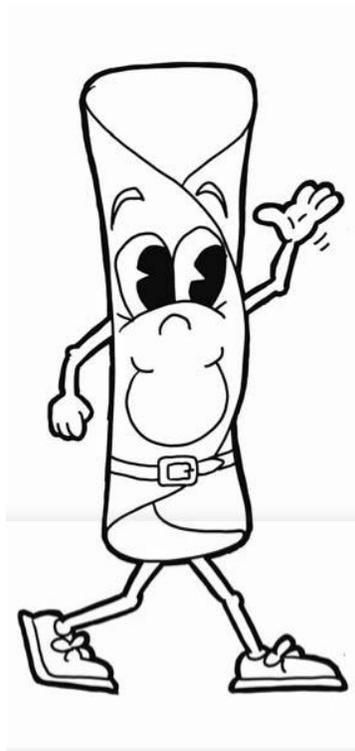
Bonita Brown Rice



Haley Whole Wheat Bread



Ollie Oatmeal



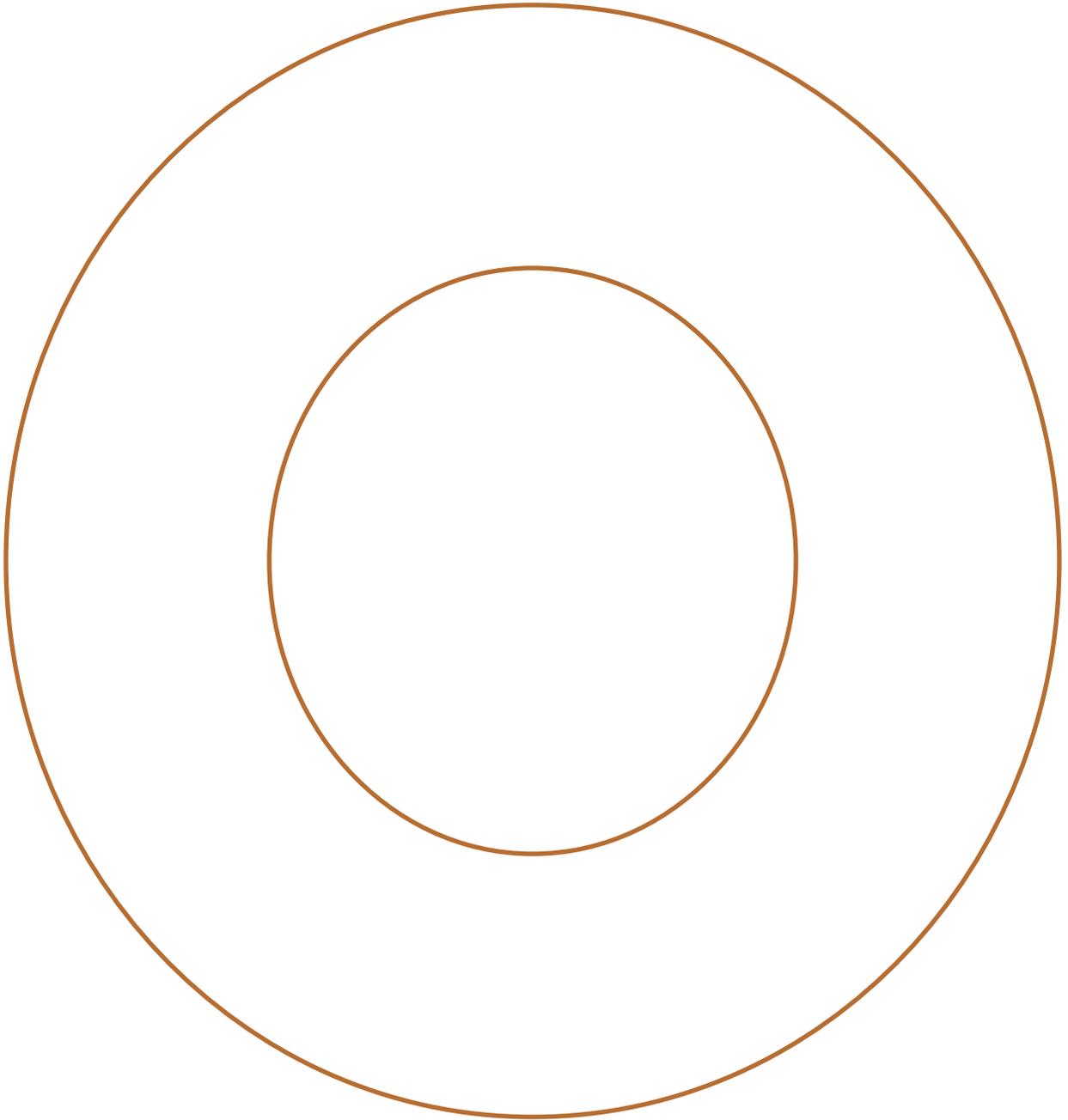
Tito Soft Corn Tortilla

Whole Grain Plate Collage

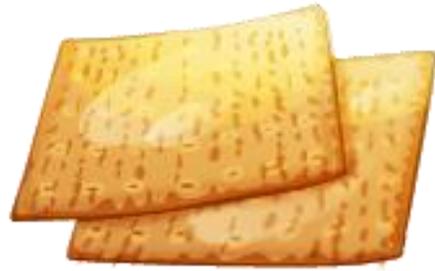
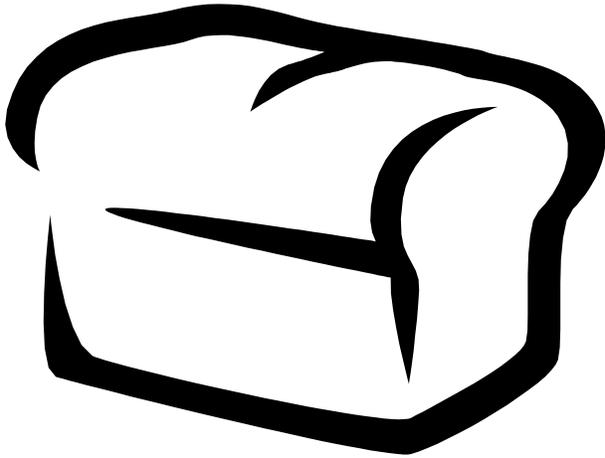
Cut out a plate for each child using plain or construction paper.

(Paper plate may be used instead.)

(Older children could cut out magazine pictures of grains.)



Cut out grains and give a set to each child.
Have children color grains and glue them on their plate to make a collage.
(May substitute other photos of whole grain products.)



Whole Grain Choo-Choo Train Take Home Message (Child Care)

Dear Parents,

Today we all got on board the Whole Grain Choo-Choo Train with Bonita Brown Rice, Ollie Oatmeal, Tito Soft Corn Tortilla and Haley Whole Wheat Bread. **We learned that half our grains each day should come from whole grains.**

What are Whole Grains?

Whole grains are foods such as whole wheat, brown rice, whole grain corn, and oatmeal. Whole grains contain the entire grain kernel. Refined grains such as enriched wheat flour and white rice are processed with bran and germ removed. The refining process also removes much of the B vitamins, iron, and dietary fiber.

What is a Whole Grain Rich Food?

A Whole Grain Rich Food must contain at least 50% of grains by weight from whole grains. There are three ways to tell if a grain product is whole grain rich.

1. Ingredient Label: If the first ingredient listed on the ingredient label is “whole grain” or “whole wheat” the product is whole grain rich.

INGREDIENTS: **WHOLE GRAIN WHEAT**, WHEAT BRAN, HIGH FRUCTOSE CORN SYRUP, SALT, MALT FLAVORING.

2. The package contains a Whole Grain Stamp from the Whole Grains Council.



3. The package contains an FDA-Authorized Health Claim.

Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat and cholesterol may reduce the risks of heart disease and certain cancers.

Whole Grain and Whole Grain Rich Foods Include:

- Whole grain bread, pancakes and waffles
- Oatmeal
- Brown rice and instant brown rice
- Whole grain pasta
- Whole grain cold cereals
- Whole wheat tortillas
- Corn tortillas

Why Whole Grains?

- Whole grains help fuel kids' days by providing energy.
- The fiber in whole grain foods keeps kids feeling full longer, and can help with a healthy body weight.
- The minerals in whole grains help maintain normal muscles, nerves and a healthy immune system.
- Whole grains have B vitamins for healthy red blood cells. They also help manage healthy blood glucose (sugar).
- Whole grains are good for digestion.

Breakfast Ideas:

- Combine 2-3 favorite whole grain cereals with different shapes.
- Top oatmeal with fruit or dried fruit and spices (cinnamon).
- Stuff a whole grain tortilla with chopped vegetables and scrambled eggs and low fat cheese.

Snack Ideas:

- Pack assorted dry whole grain cereals in a sandwich bag as a take-along snack.
- Place squares of low-fat cheese and thinly sliced tomato on whole grain crackers.

What Are Whole Grains? Take Home Message (Adult Care)

Dietary Guidelines recommend half our grains each day come from whole grains.

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