

## **Challenge Part 2**

### **The Whole Grain Challenge**

**Lesson Duration:** 75 minutes

#### **Equipment and Materials:**

Equipment: LCD and Computer for PowerPoint  
Flip Chart  
Markers for Flip Chart

Visual Aids: Labels of Grain Products  
HealthierUS School Challenge Whole Grains Resource  
Healthful Whole Grains! (Montana)  
Ideas for Incorporating Food Products That are Predominantly  
Whole Grains in the Child Nutrition Programs  
Grains Menu Worksheet  
PowerPoint Slide Handouts for Participants

#### **Lesson Outcome:**

At the end of this lesson, the learner will be able to

1. define a whole grain product;
2. define the milling process and the impact on nutrients, the main nutrients found in grains, and their benefits in a healthful diet;
3. determine whole grain products from other grain products;
4. state the criteria for whole grain products and their frequency in menus for the HealthierUS School Challenge; and
5. incorporate whole grain products into school menus to become a HealthierUS School Challenge elementary school.

#### **Instructional Materials and Learning Activities:**

1. PowerPoint presentation: Challenge 2: Whole Grains! (45 minutes)
2. Label exercise to determine whole grains and discussion of food labels. (15 minutes)
3. Brainstorming and generation of ideas for incorporating whole grains into the menu and gaining student acceptance. (15 minutes)

#### **Evaluation:**

1. Class discussion, menu, brainstorming activities.