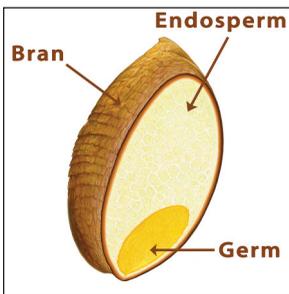


Discover MyPlate

Lesson 2

Children learn about eating **WHOLE GRAINS** and the importance of **FOOD SAFETY**.

Let's Get Started



1. **Print** the MyPlate graphic and point out Grains in the orange section.
2. **Talk** about the importance of eating whole grains. Bread, pasta, oatmeal, breakfast cereals, and tortillas are all examples of grain foods. Grains provide us with the energy we need to play, think, and learn. A whole-grain food is made of wheat, rice, cornmeal, oats, barley, or another cereal that contains the bran, germ, and endosperm.
3. **Look** at the whole-grain kernel graphic and introduce the three parts: bran, germ, and endosperm. Grains have carbohydrates to give us energy and keep us healthy. Include a whole grain in your breakfast meal for a healthy start to the day.
 - **Bran** is the outer layer of the kernel. It has nutrients such as fiber, B vitamins, protein, and minerals.
 - **Germ** is the part of the kernel that can sprout into a new plant. It has vitamins, minerals, protein, and fiber.
 - **Endosperm** is the middle, starchy part of the kernel. It is the largest part and contains carbohydrates and protein.

Hands-On Learning Activity



- **Play** the Whole-Grain Scavenger Hunt. Look around your kitchen and pantry for food packages marked with a whole-grain stamp. Check bread, tortilla, rice, cereal, and pasta packages. If you cannot find more than three food packages marked with this stamp, add more whole-grain foods to your family's shopping list.

Online Activities

- Go online and **take** the ten-question multiple-choice Whole Grain [quiz](#). This quiz is suitable for children in 3rd, 4th, and 5th grades.
- **Watch** the [video](#) of *The Little Red Hen* and **read** along. This classic well-loved folktale illustrates the proverb, Reap what you sow, and demonstrates how to make bread from scratch. This story is suitable for children 2 to 7 years old.
- **Learn** about foodborne illness and food safety best practices. Watch the [video](#) *Smart Kids Fight BAC!* to see how kids can fight bacteria.

