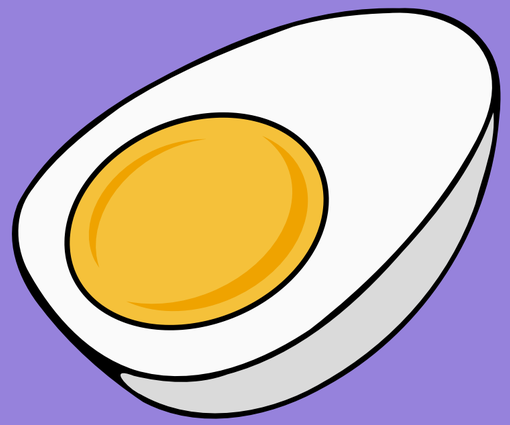
Lesson 3

EAT WHOLE GRAINS AND PROTEIN!







Family Health CHALLENGE

Committee of Interns and Residents SEIUHealthcare

WHO ARE WE AND WHY ARE WE IN YOUR CLASSROOM?



- We are doctors and union members!
- We want you and your families to be happy and healthy.
- We will break it up to make it FUN for YOU

How will this go?





We will move

New challenge

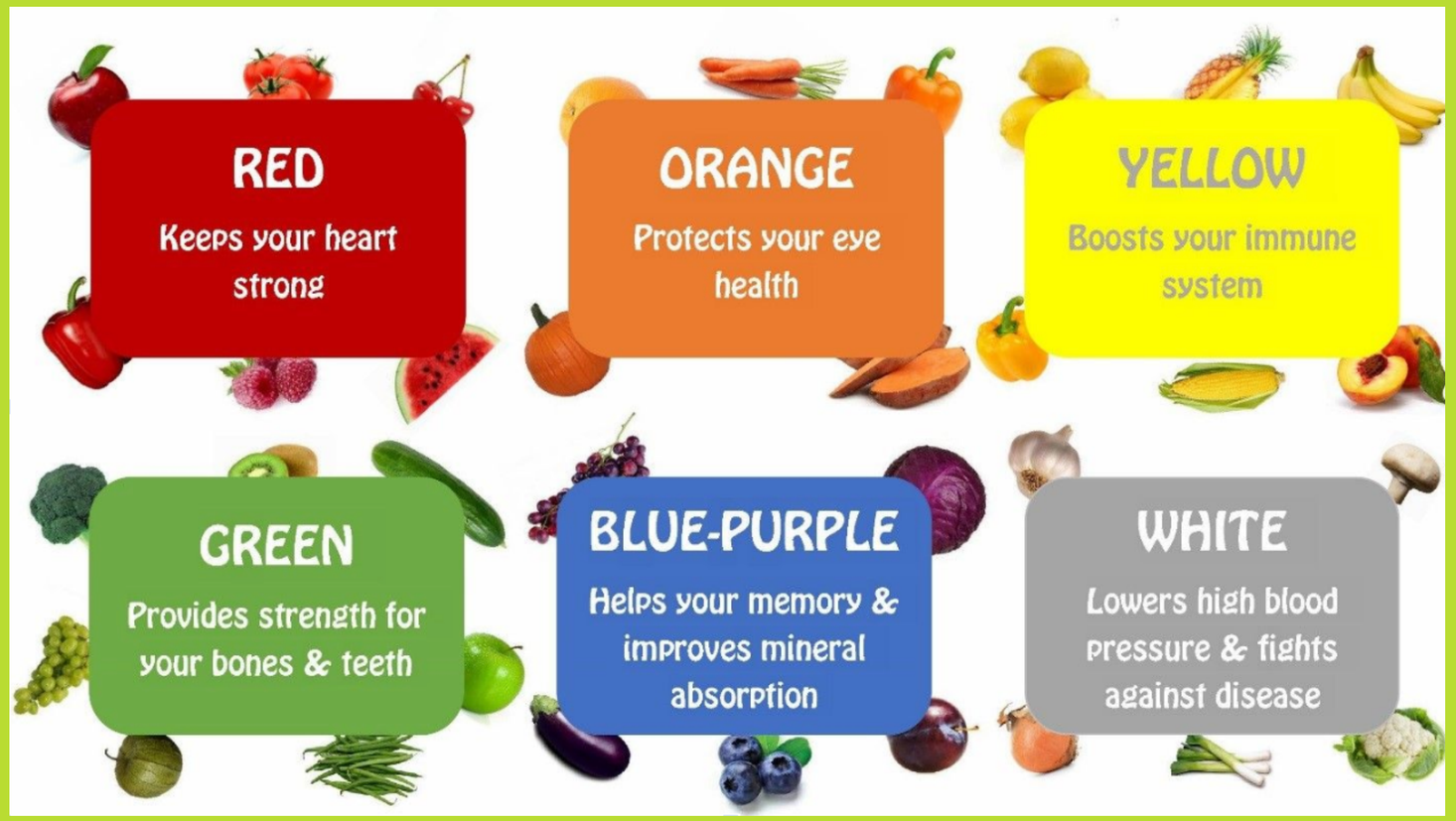
Fun activity

LET'S MOVE OUR BODIES!

You move how you move

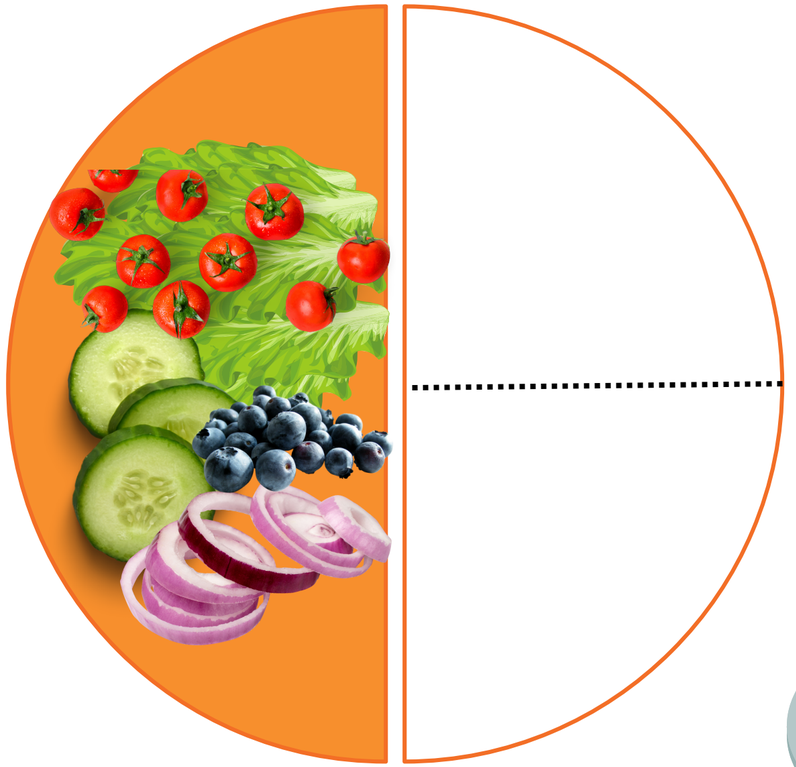


Let's Review


RED
Keeps your heart strong
ORANGE
Protects your eye health
YELLOW
Boosts your immune system
GREEN
Provides strength for your bones & teeth
BLUE-PURPLE
Helps your memory & improves mineral absorption
WHITE
Lowers high blood pressure & fights against disease



What else should we eat?

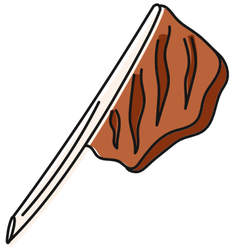




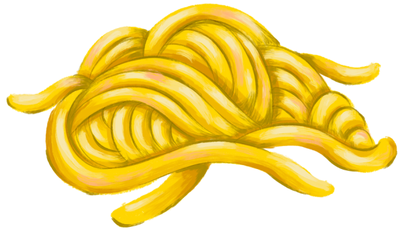


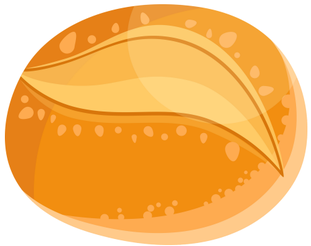




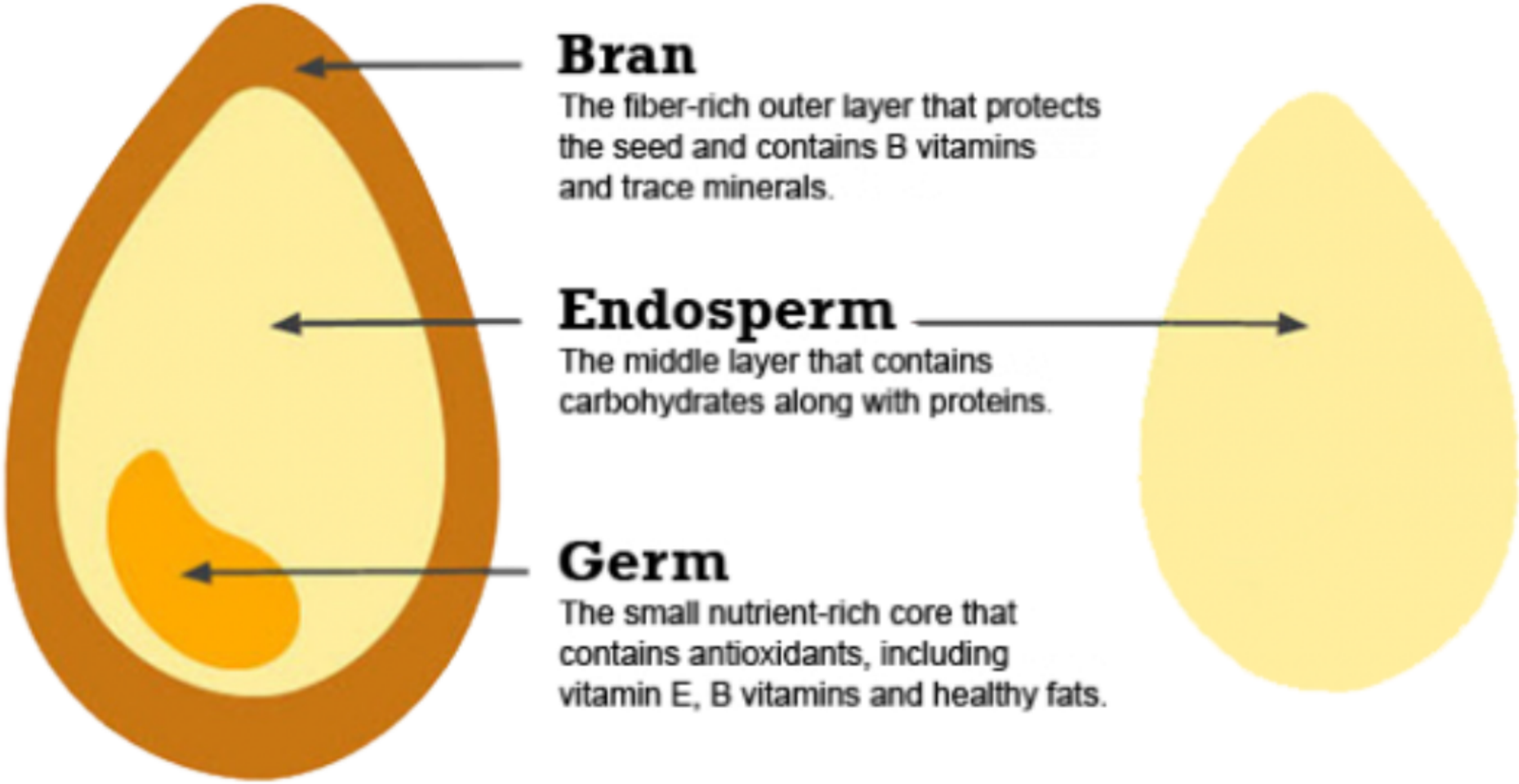








Whole Grain vs. "White" Grain



Bran

The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.

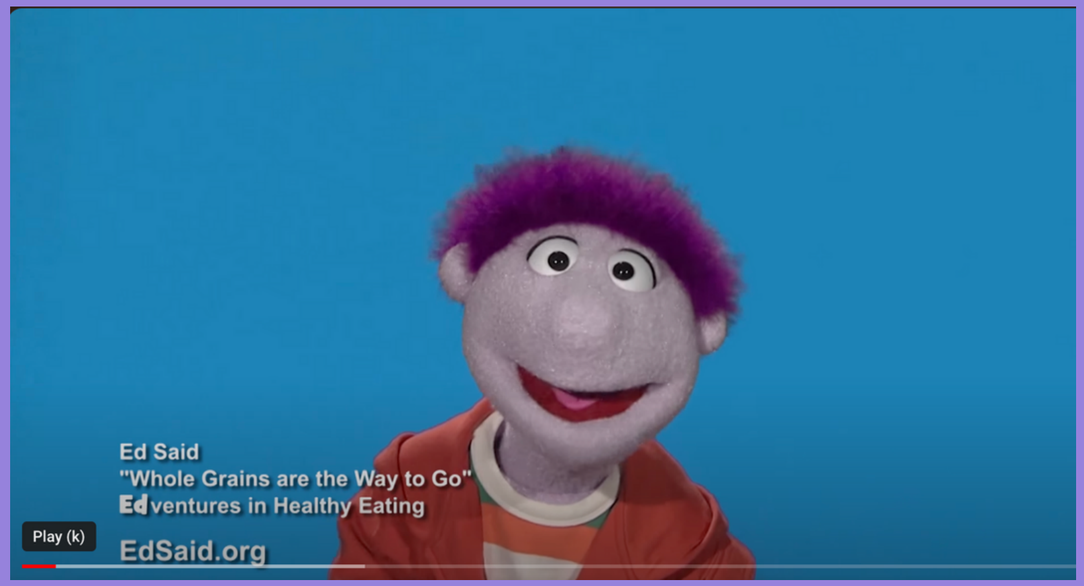
Endosperm

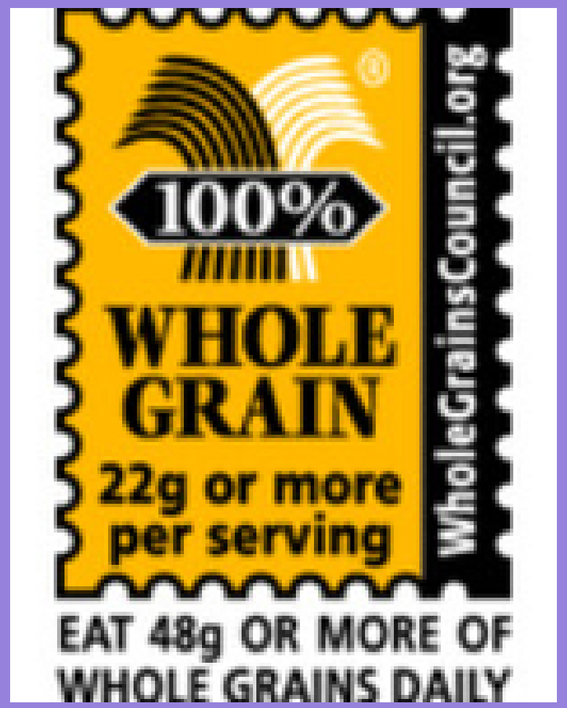
The middle layer that contains carbohydrates along with proteins.

Germ

The small nutrient-rich core that contains antioxidants, including vitamin E, B vitamins and healthy fats.

Finding Whole Grain Foods



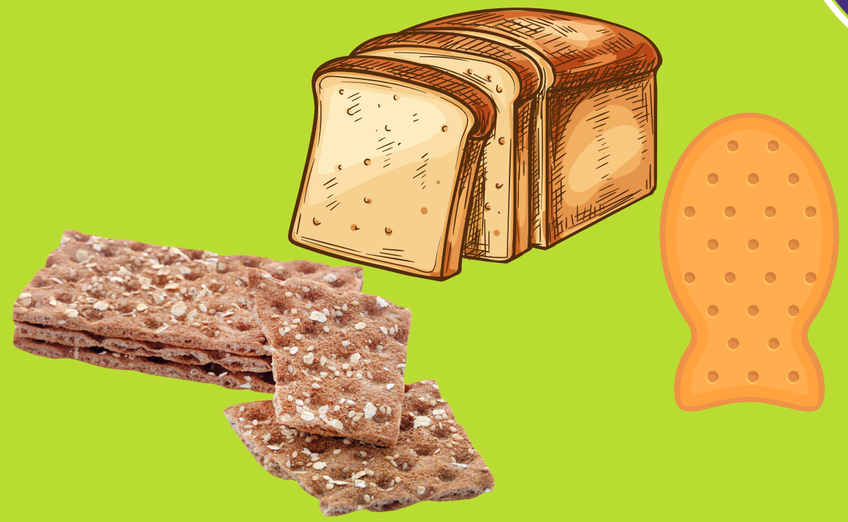






Keep it real!





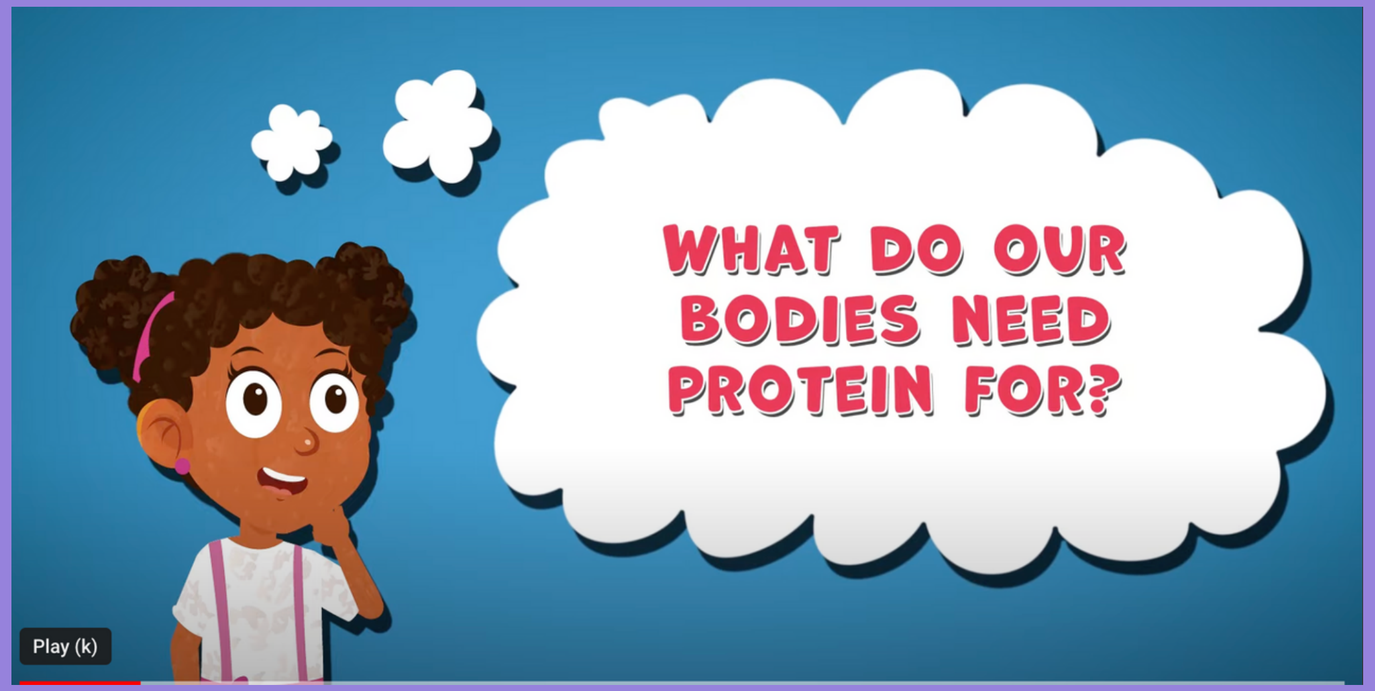




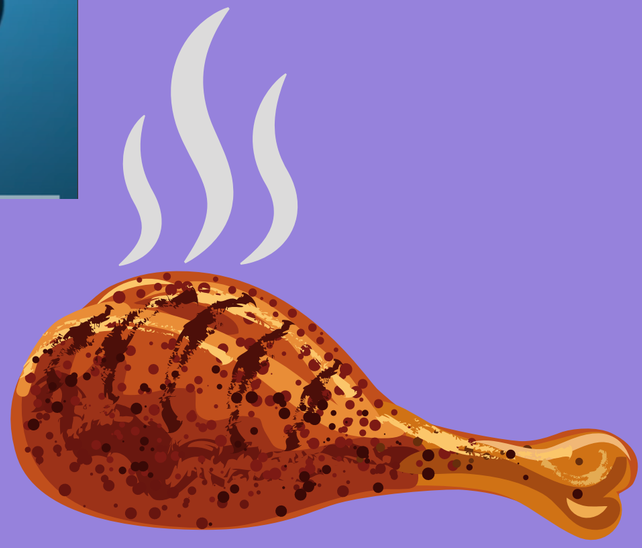




What is a protein?

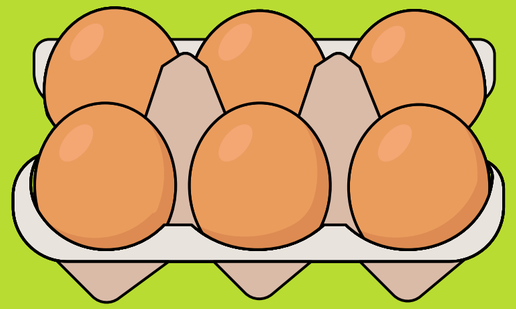






Animal sources





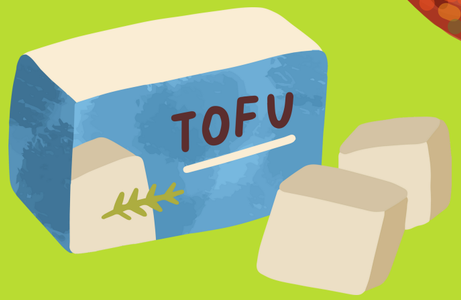


Plant sources









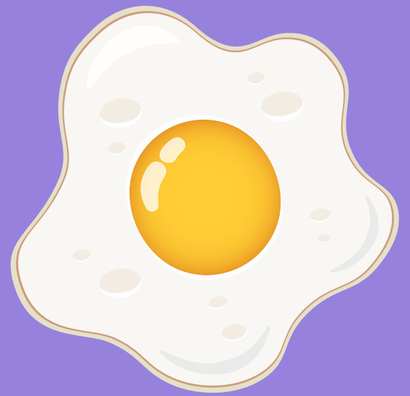




How much should I eat?











ACTIVITY

Is it true or false?











IS THIS TRUE OR FALSE?



Protein helps every cell in my body do its job. It keeps us strong, that's its job, in every body part, from our heads to our toes!

IT'S TRUE!

Protein builds, maintains, and replaces the tissues in your body.





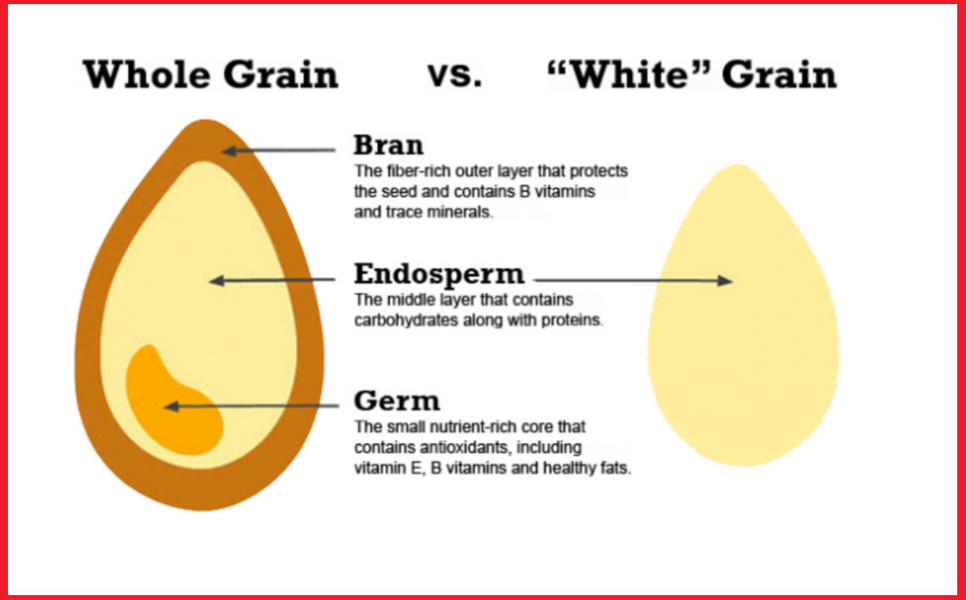
IS THIS TRUE OR FALSE?



Today I learned about whole grains in school.
When the bran and germ are removed from a whole grain, it becomes healthier.

IT'S FALSE!

All three parts – the bran, germ and endosperm are needed to make a whole grain.



IS THIS TRUE OR FALSE?



We can find protein in plants and animals too. From beans to meat, both come along, helping us grow big and strong.

IT'S TRUE!

We learned about animal and plant sources of protein. When families choose not to eat animal protein, they can get their protein from plant sources.



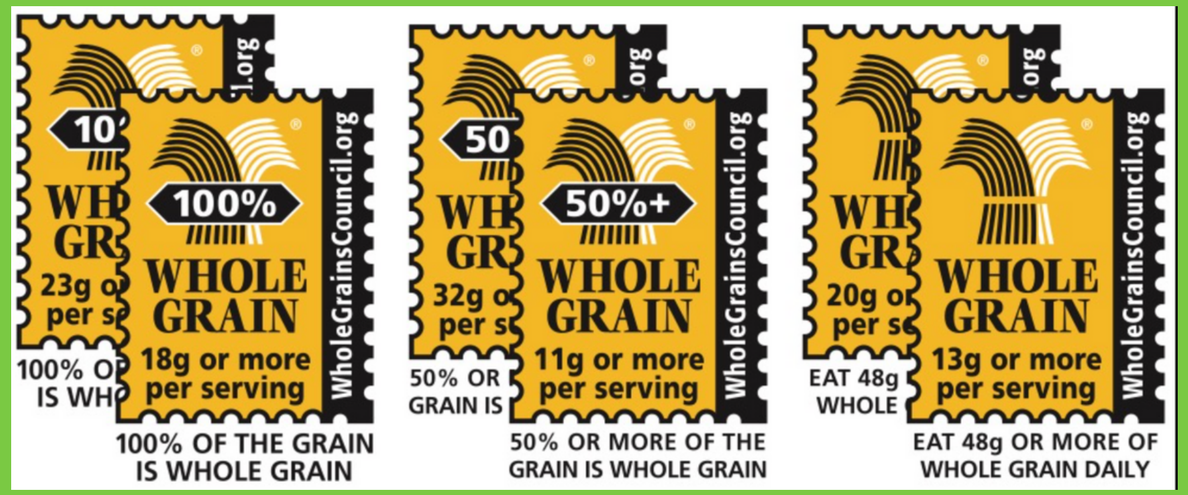


IS THIS TRUE OR FALSE?

I like crackers and cheese, I like it a lot! I can look at the box and tell if the crackers are whole grain or not.

IT'S TRUE!

Whole grain stamp, the words whole grain or multigrain in the name and ingredients list.



IS THIS TRUE OR FALSE?

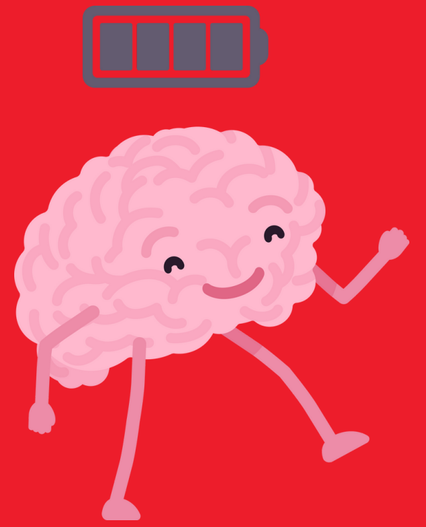


Protein does not keep hunger at bay, that's what we can safely say. It's other foods that help us stay feeling full in a satisfying way!

IT'S FALSE!

Protein helps keep hunger at bay.
Protein boosts a hormone that tells your brain it is full.





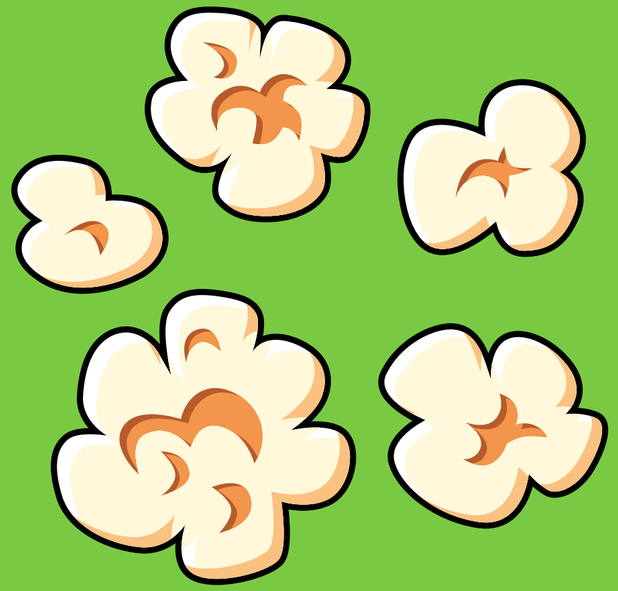
IS THIS TRUE OR FALSE?



When we're in the car or on the subway or bus for a while, I like a snack. Popcorn is a whole grain food that is easy for me to pack.

IT'S TRUE!

Popcorn is a great whole grain snack!





… But my family and I don’t eat meat



Family Health CHALLENGE

Committee of Interns and Residents SEIU Healthcare

...But I only like white rice and white bread



… But I have never even seen whole grains in the store.



Family Health CHALLENGE

Committee of Interns and Residents SEIU Healthcare



RECAP

Can we spot a whole grain or a protein?

SHARE IT!

Who can you tell about your challenge?