WEEK 3 | Eat Whole Grains and Protein Every Day

Challenge: Spy a whole grain food and protein.

Learning Objectives

Students will be able to…

1. Identify whole grain foods and protein.
2. Explain how whole grains and protein are helpful to our bodies.
3. Describe 3 barriers to eating whole grains or protein and possible solutions.
4. Describe how to incorporate whole grains and protein into our diets.

Standards Alignment

National Health Education Standards

**Note: Updated standards to be released March 2024*

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

PreK - Grade 2	Grades 3-5
1.2.1 Identify that healthy behaviors affect personal health.	1.5.1 Describe the relationship between healthy behaviors and personal health.
1.2.2 Recognize that there are multiple dimensions of health.	1.5.2 Identify examples of emotional, intellectual, physical, and social health.

Committee of Interns and Residents
Family Health Challenge Lessons, Grades 2 - 4
Week 3 | Eat Whole Grains and Protein Every Day

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

PreK - Grade 2	Grades 3-5
2.2.1 Identify how the family influences personal health practices and behaviors.	2.5.1 Describe how the family influences personal health practices and behaviors.
2.2.2 Identify what the school can do to support personal health practices and behaviors.	2.5.2 Identify the influence of culture on health practices and behaviors.

Materials

- Lesson Slides

Outline (45 minutes)

- **Introduction** - Slides 1-3 (5 min)
- **Movement Break** - Slide 4 (3 min)
- **New Challenge + You Got This** - Slides 5-12 (25 min)
- **Activity** - Slide 13-22 (10 min)
- **Recap + Share It!** - Slide 23 (2 min)

Lesson Plan Guide

INTRODUCTION

Slide 1 - Introduce Yourselves

1. **Introduce Yourselves:** Hi (*second, third or fourth*) graders!
    a. My name is (*Say your Name*).
    b. I'm a doctor and I work at (*Say your Hospital*).
    c. I'm a doctor who (*Say your department or specialty*).
    d. Before we get started, let us share a fun fact! (*All doctors share a fun fact*)

Slide 2 - Introduce the Program

1. **Re-introduce the Program:** We're back in your class with our union, which is called the Committee of Interns and Residents. That's like a big team of doctors. Just like your teachers and other workers, we come together as a union to make things better for us at work, and everybody in our community.
2. **Getting Oriented:**
    a. **As most of you know by now,** we are here today continuing a seven-week program here at (*School Name*) called the Family Health Challenge, FHC for short. This is the third week. We're here to make learning about being healthy easy and fun!
    b. **We are working together to learn how to break up big health challenges into tiny steps**. We are seeing how little actions can make a big impact. Also, how working together can make it more fun. That's the strength of unions and it's a big part of this program too!
    c. **Don't worry if something seems hard;** we're here to help you!

Slide 3 - Explain How the Program Works

1. **As a reminder, here is how our day will go**
    a. **We will move:** Just like last time, we'll begin with a quick 2-minute activity to get our bodies moving and feeling great.
    b. **New challenge:** Then we will introduce a new challenge and talk about ways you can take on the challenge with your friends and family.
    c. **Fun activity:** Each time we meet there will be a new challenge and it will also include a fun activity to make sure you remember the challenge throughout the week.
    d. **We hope you share with your family and friends.** Remember we are doctors bringing this information to you in your classroom, and we hope YOU will take this HEALTH information to your friends and FAMILY and CHALLENGE them to do the program with you.
    e. **We will return!** When we return the following week, we will ask you how you did. How does that sound? (*Pause for a few questions*)

MOVEMENT BREAK

Slide 4 - Let's Get **Moving!**

1. **Let's Get Moving:** Just like last time, we'll begin with a quick 2-minute activity to get our bodies moving. We're going to play another video from our friends at Hip Hop Public Health.
    a. **Listen** carefully to the instructions in the beginning.
    b. 3 people will show you different ways of moving your body.
    c. Follow the person in the video you're most comfortable with.
    d. And more importantly, have fun! Let's go!
    e. Play the Video

f. That was fun! I feel ready to take on a new challenge for the day, how about you?

NEW CHALLENGE + YOU GOT THIS!

Slide 5 - First, Let's Review

1. Before we introduce our challenge for this week, let's review! Who remembers the challenge last week?
    a. **That's right: Eat a fruit or vegetable every day.**
    b. Raise your hand if on at least one day last week you completed all or part of your challenge. Anyone do it more than one day?
    c. What are some fruits or vegetables that you ate - let's hear from a few students *(Call on a few students with their hands raised to hear what their challenge was).*
    d. Congratulate everyone on their great work and efforts.

Slide 6 - Today's Challenge: Spot Whole Grains + Protein

1. Last time we talked all about veggies and fruits, but that can't be all that we eat.
2. **What else goes on our plate?** This week we're going to talk about other foods that we need to feel great. Two of these food categories are **whole grains and protein**.
3. **Our challenge for the week will be to spot a whole grain food and protein each day.** In other words, can you notice one of each that is either part of your meal, or that you see around you. For example, you notice that your hot dog at lunch is a protein and your friend's chips say they are multigrain.
4. **First we will talk about whole grains.** We're going to start by drawing a whole grain so you can understand all its parts.

Slide 7 - What is a Whole Grain?

1. When whole grains grow in the fields, they have 3 edible parts:
    a. the outer bran layer, rich in fiber and B vitamins,
    b. the germ, full of antioxidants, and the
    c. starchy endosperm.
2. **The bran and the germ are the healthiest parts.** Sometimes when they are removed, the grain is said to be refined. Refined grains are missing some essential nutrients.
3. **Whole grains do more in our bodies than processed, or refined, grains.** Why?
    a. They provide your body with fiber, which helps protect your heart and keeps the digestive system functioning smoothly.

b. Fiber also helps us poop! Have you ever gone a few days without pooping? It can feel uncomfortable if you don't poop regularly.

Slide 8 - Finding Whole Grain Foods

1. **Whole grain foods are not too difficult to spot.** A lot of the whole grain foods that are packaged either have a **whole grain stamp** or list whole grains as the first or second ingredient. (Point out the whole grain stamp on the slide)
    a. You can find a stamp like this in foods like breads, crackers, muffins, tortillas, cereal, pizza crust, chips, even granola bars.
    b. You can also look for the list of ingredients on the back of the package and check what the first and second ingredients are. If it's whole grains, eat up!
    c. Your best bet for good health? Look for whole grains! Even if they have been ground into flour or rolled into flakes, they're still whole grains if all of the original parts are still present.
2. Now let's watch this video that will give us some more ideas of whole grain foods.
    a. **Play Video:** Ed Said | "Whole Grains are the Way to Go" | MPB (1:06)

Slide 9 - Keep It Real

1. Here are some examples of whole grain foods you can have at every meal and even in snacks. Your lunchroom has many of these options for breakfast and lunch.
    a. Breakfast: whole grain toast, whole grain pancakes, whole grain muffin, oatmeal
    b. Lunch: sandwich on whole grain bread, salad with couscous
    c. Snacks: popcorn!
    d. Dinner: brown rice, whole wheat pasta, pizza with whole grain crust

Slide 10 - What is a Protein

1. **Protein:** Now, let's move on to another really important part of your plate- protein!
2. Protein is the main ingredient in all the cells in our bodies. Protein is important for building and repairing muscles and giving us energy. Every single cell in our bodies needs protein to work properly. It is essential for all of us.
3. For kids like you, protein is important for growth and development. It helps repair and build muscles, bones and organs.
4. Also, when you add protein to your meals and snacks, it helps keep you full for longer periods of time.
5. Let's watch this short video from Simile and Learn that will tell us more about proteins: What are proteins? - Healthy Eating for Kids (3:17)

Slide 11 - Animal and Plant Sources of Protein

1. Like the video said, there are different sources of protein - plant-based protein and animal protein
2. **Plant-based:** peas, beans, lentils, PB or nut butter, seeds or seed butter, soybeans/tofu/tempeh. These are part of vegetarian and vegan diets. Anyone here vegetarian or vegan? What are your protein sources?
3. **Animal protein** comes from animals. These include dairy (cheese, milk), eggs, lean poultry (chicken or turkey), and fish. You can also get protein from yogurt and cottage cheese.
4. Here are some ways you can up your protein every day:
    a. Swap out regular pasta for protein alternatives
    b. Work eggs into lunch and dinner, not just breakfast
    c. Look for protein-rich veggie burgers
    d. Mix yogurt with cottage cheese to eat as a snack
    e. Try canned protein, such as tuna, salmon and beans

Slide 12 - How Much Should I Eat

1. Now, you might be asking how much protein you should have.
2. The amount you eat depends on your age and weight. For your age, you need about 20-35 grams of protein every day. But you don't have to be exact about it, as long as you have a little bit of protein in every meal, whenever possible, you're good.

ACTIVITY

Slide 13 - True/False Activity

1. Now let's try a fun game that you all know – **True or False?**
2. You will hear a statement, then decide *in your mind* if you think it is true or false. Keep in mind everything you just learned about whole grains and protein.
3. Everyone who can will stand up.
4. Then to show whether you think the answer is…
    a. True - you can wave your hands, and if you think it is
    b. False, you can bend and straighten your legs.
    c. These same actions also can be done while sitting.

Slide 14 - True/False 1

1. **True/False: Protein helps every cell in my body do its job. It keeps us strong, from our heads to our toes!**

a. **True**. Protein builds, maintains, and replaces the tissues in your body. (Not the tissues you blow your nose in! We mean the stuff your body's made up of.)

Slide 15 - True/False 2

1. **True/False: Today I learned about whole grains in school. When the bran and germ are removed from a whole grain, it becomes healthier.**
    a. **False**. All three parts - the bran, germ and endosperm are needed to make a whole grain. Whole grains are healthier than refined grains.

Slide 16 - True/False 3

1. **True/False: We can find protein in plants and animals too. From beans to meat, both come along, helping us grow big and strong.**
    a. **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.

Slide 17 - True/False 4

2. **True/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.**
    a. **True**. The packaging for crackers would list if they are whole grain by having one or more of the following: Whole grain stamp, the words whole grain or multigrain in the name and ingredients list.

Slide 18 - True/False 5

3. **True/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!**
    a. **False.** Protein helps keep hunger at bay. Protein boosts a hormone that tells your brain it is full.

Slide 19 - True/False 6

4. **True/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.**
    a. **True.** Popcorn is a great whole grain snack!

Slide 20 - Challenge Barriers

1. **The challenge this week is to try to eat more whole grains and protein.** This can be hard and will take lots of practice. There may be many obstacles. Here

are some that we've heard from kids your age.

2. **But… My family and I do not eat meat.** Yes, lots of families choose to not eat meat for many different reasons. Here are a few tips for you:
    a. Try to include other protein sources in as many meals as you can. If you eat eggs, yogurt, and/or tofu, have some in your meals. You can even include these in your snacks. String cheese is also a good snack, if it's available.

Slide 21 - Barrier

1. **But…I only like white rice and white bread.** You don't have to give up your favorite or regular foods. Is there room to sometimes also add something whole grain? Could you once in a while try the whole grain bagel at lunch? As you make tiny changes in your habits, they will likely become a part of your regular routine.

Slide 22 - Barrier

3. **But…I have never even seen whole grains in the store.** Most grocery stores sell whole grain breads, pastas, rice, crackers, snacks and more. If possible, maybe you can go explore the aisles and see what you can notice. Delis also often have some snack and ingredient options that are multigrain and whole grain.
4. **What are some other obstacles** that will keep you from eating more whole grains and protein so that you can feel your best?

RECAP + SHARE IT!

Side 23 - Recap

1. **Who can tell me what's the challenge for this week?**
    a. The challenge for this week is to: **spot a whole grain food or a protein.**
        i. Where can you do that? In the cafeteria, at breakfast in the morning, when you stop for a snack, at home on the labels of any foods you have.
    b. **Remember, this is not a competition with each other.** You are challenging yourself to see what you can do and cheering each other on.
2. **Share with your community:** Who is someone in your life you can tell about your challenge? Think about one person's name and on 3, let's all whisper the name at the same time. 1-2-3 - (whisper name).

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- **Educational videos:** Edsaid.org, Smile and Learn

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