

Grains

LEARN IT

The grains group includes foods made from wheat, rice, barley, cornmeal and oats. The CACFP Meal Patterns focus on Whole Grain-Rich (WGR) foods meaning the food contains at least 50% whole grains and the remaining grains are enriched or 100% whole grain. When a grain is considered a whole grain the entire grain kernel is used in the product versus enriched grain where the outside of the kernel is removed to make the product. Whole grains provide the body with essential vitamins and minerals, along with fiber and digestive fiber.

CRAFT IT

Baker's Hat Every bread baker needs a baker's hat! Using long white construction paper, ask the children to decorate with paint, markers, and various craft supplies. Then fit the piece of paper to the child's head and tape the ends of the paper together to form a cylinder. With glue at the top of the paper cylinder, attach white tissue paper to make the baker's hat top.



EAT IT

WGR Breakfast Wrap

- Whole Grain-Rich Tortillas
- Eggs
- Cups Vegetable Assortment
- Shredded Cheese

Sauté vegetables. Add scrambled eggs to vegetables and cook until desired consistency. Place in WGR tortilla. Top with cheese. Wrap and serve.

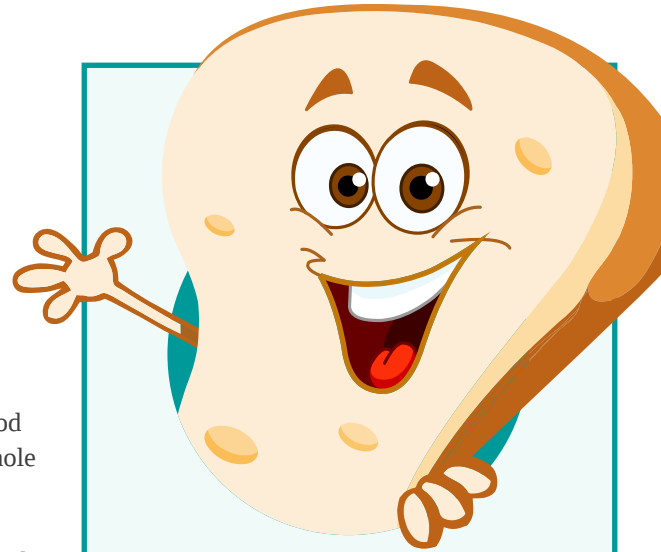
SING IT

Pat-a-Cake Don't forget the classic Pat-a-cake, pat-a-cake! Kids will love singing this along with you and performing the hand motions.

Pat-a-cake, pat-a-cake baker's man
Bake me a cake as fast as you can
Pat it and prick it and mark it with "B"
Put it in the oven for baby and me.
Repeat

READ IT

- Bread Around the World* by John Serrano
- Everybody Bakes Bread* by Norah Dooley
- From Wheat to Bread (Who Made My Lunch?)* by Bridget Heos
- The Little Red Hen* a Little Golden Book Classic
- Bread Lab* by Kim Binczewski and Bethany Econopouly



MOVE IT

Whole Grain Treasure Hunt In circle time, introduce different types of grains. What do rice, oats, barley, wheat, corn kernels, quinoa, and rye look like? During play time, tell the children they are going on a grain treasure hunt. In various locations, hide containers that are filled with different types of grains that you have introduced. This can be done outside or inside depending on weather. Can the children find all the grains? Can they remember what kind they are?

SENSE IT

Exploring Wheat Many children do not have an idea of what a wheat kernel looks like. You can find wheat berries in the bulk bin section of most grocery stores. Fill a small tub with the wheat berries and place small containers, measuring cups, and spoons inside. Let the children play and pretend as they move the berries around with the utensils and explore with their hands. You can also try rice and oats for them to explain how different they feel.



cacfp.org

NATIONAL
CACFP SPONSORS
ASSOCIATION

Grains

MAKE AN EAR OF WHEAT. Using stamp pads, use your finger to create each grain of wheat to make a stalk.

NAME: _____

