**Get the Scoop on Whole Grains**

Monthly Campaign Announcements:

| Day 1 | This month, we will be talking about grain products, one of the food groups from Canada’s Food Guide, and we are going to focus on whole grains. Throughout the month, we’ll “Get the Scoop on Whole Grains” as we learn ways to identify whole grains and the great health benefits to eating them. |
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| Day 2 | Grain Products are a major source of energy for our bodies. They allow us to run, jump, swing and laugh. Canada’s Food Guide recommends to have at least onequarter of your plate containing whole-grain foods. Getting the right amount of grain products each and every day will help you have the energy to do your very best! |
| Day 3 | BINGO! How many grains can you try? Try to sample a variety of grains this month by completing the bingo cards available from your teacher. If you can cross off every square, turn in the completed bingo card to (insert facilitator/champion’s name) by dropping off the form at (insert location) NOTE: (make copies and distribute to each class. If you choose NOT to do the bingo, remove from bulletin board) |
| Day 4 | Have you ever wondered how foods like bread or pasta are made? They use grains like wheat, barley, or oats. Before we can make any delicious grain products, we need to grind the grains down into a powder, called “flour”. This flour is then mixed with other ingredients like eggs, baking powder or milk to make baked goods like bread, pitas, tortillas and bagels. Aren’t we lucky to have all of these yummy Grain Products to choose from each and every day? |
| Day 5 | Trying new things is fun! This week, you have a chance to be a food critic! Challenge yourself to try a new whole grain. If you try a new whole grain, fill out a food review form found (insert location here) and return it to (insert facilitator/champion’s name) for a chance to have your review read on the announcements. Don’t forget to take home a recipe or two from the bulletin board for your family to try! NOTE: (make copies and put it on the bulletin board. Modify if you choose not to have these forms on the board.) |

| Day 6 | Let’s Get the Scoop on Whole Grains! Bagels, breads and other grain products are made from flour; however, not all flour is created equal. At the grocery store, we can buy two different kinds of wheat flour: whole-wheat flour and white flour. When whole-wheat flour is made, essentially the entire grain of wheat is ground into a fine powder. The most healthy part of a grain of wheat is the hard outer shell and it’s in whole wheat flour. However, to make white flour, the hard outer shell of the grain is removed and then the grains are ground into flour. White flour is missing the super-nutritious, fibre-packed outer shell of the grain. So go for the whole wheat! |
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| Day 7 | Do you think that “whole grain” and “multigrain” mean the same thing? The truth is that “whole grain” and “multigrain” can mean very different things. Multi-grain means the product contains more than one type of grain, but it doesn’t necessarily mean it is made with the **whole** entire grain... so multi grain products may be missing some very nutritious outer coating of the grain. By choosing WHOLE grains, we're guaranteed to get the most nutrition out of the grain. |
| Day 8 | Earlier this month, we learned about how many servings of grain products you should eat everyday. Can you remember what we said? If you can, please write it on a piece of paper along with your name and class and send it to (insert facilitator/champion’s name) to have your name read over the announcements tomorrow. Here’s another piece of grain info: Canada’s Food Guide encourages all Canadians to make our grain choices be WHOLE grains each and every day. This will help us to get all the nutrients our bodies need! |
| Day 9 | Congratulations to (insert names of winners from yesterday’s question) Canada’s Food Guide recommends to have at least one quarter of your platecontaining whole-grain foods. Getting the right amount of grain products each and every day will help you have the energy to do your very best! |
| Day 10 | Did you know that popcorn is a whole grain? Air-popped popcorn is a delicious and healthy option to enjoy when you need something crunchy to snack on. Today, we are going to do the ‘Popcorn Explosion Jump”. Here’s how we’ll do it... crouch down beside your desk like a little kernel of popcorn ready to explode! Now jump up into a jumping jack position like an exploding kernel of popcorn. Let’s do this 10 times! Everyone, please stand up, push in your chairs and make sure you're a safe distance from your neighbour. Ok, let's go! 1... 2... 3... 4... 5... 6... 7... 8... 9... 10. You sure are getting good at whole grains! |
| Day 11 | Be sure to include whole grains in your lunches to keep your energy up in the afternoon. Look for whole wheat bread for your sandwiches for added flavor and a boost of energy, or make a salad or soup with wild or brown rice. Enjoy some crunchy rice cakes! What whole grains could you add to your lunch? |
| Day 12 | Have you ever heard of quinoa (keen-wah)? Keen-what? Keen-wah! Quinoa is an ancient grain from South America that is very nutritious. It can be used in place of rice in almost any recipe, and can be served hot or cold... it also cooks really quickly. Eating quinoa is deliciously healthy and is also a great way to get protein in our diet to help build muscles and keep them strong.  |
| Day 13 | Day 13 – Quick, get out a pencil and a piece of paper for today’s announcement! Let’s see if you’ve been paying attention to the announcements these past few mornings! Ok, here is your question: which of these food products is NOT a whole grain product?  A) A whole wheat bun B) Sourdough bread C) Brown riceIf you guessed B – you’re correct! Sourdough bread is NOT a whole grain food product |
| Day 14 | Here's another way to “Get the Scoop on Whole Grains”: when you're feeling hungry around recess time, go for a whole grain snack like a whole grain granola bar, rice cakes or popcorn. To make sure popcorn is a Choose Most Often snack, it needs to be air popped and unbuttered. |
| Day 15 | It is important to try and fill one quarter of your plate with whole-grainfoods. Did you know you can get whole-grain pasta? Try whole grainpasta instead of white pasta next time you order pasta at a restaurant or when your family makes it at home!Some restaurants can serve more than a quarter serving of pasta in one bowl. So, it is important to pay attention to feelings of fullness to help you know when you have had enough food to eat! |
| Day 16 | Yesterday we talked about filling a quarter of your plate with grain foods. But do you remember what kind of grains should fill one quarter of your plate? Try to choose **whole** grains each and every day. |

| Day 17 | Let's Get the Scoop on Breakfast Whole Grains! Did you know that oatmeal is a healthy whole grain that's very tasty? Go for a bowl of hot oatmeal with some berries and yogurt to start your day with lots of energy. You can also go for whole wheat pancakes topped with fresh fruit as a tasty whole grain breakfast food!Do you have an idea for a tasty whole grain breakfast food? Be sure to tell your teacher about it! |
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| Day 18 | Do you know the difference between white rice and brown rice? It's not just the colour! A whole grain of rice, like most other grains, has several layers. The outermost layer is called the *hull*, and only this very outer layer is removed to make brown rice. However, to make white rice, many more layers below the hull are removed. A general rule of thumb is that the more processed a food is, or the less it looks like its original form, so the less nutritious it tends to be. This is the reason why brown rice is healthier for you than white rice, even though they both come from the same plant. |
| Day 19 | Here’s a joke to start our day.Q:What did one whole grain say to the other at the race track? *A:Rice* you to the finish line! Whole grains are the body’s favourite way to get more energy, so if you want to be the first across the finish line, be sure to make whole grains a part of your diet every day! Remember that at least a quarter of your plate should be whole grain foods! |
| Day 20 | Today we are going to use up some of the great energy that our whole grains have been giving us. Hop out of your chair and jump on two feet around your room like a piece of popcorn. Now relax and sink to the floor like a limp noodle….Great job! Be sure to eat your whole grains to keep your energy up all day long! |
| Day 21 | If you play sports, you should really go for whole grains! Getting enough whole grains is important to help you perform your best. Grains are high in carbohydrates, which is the best source of energy for your body to use while you do activities like running, swimming, doing karate or playing hockey. |
| Day 22 | Add a side of wild rice or quinoa to your dinner plate and you’ll get all nutrients and fibre to help you grow. All this good fibre helps you feel less hungry after eating and keeps your digestive system working at its best. And antioxidants help to keep all of your body’s cells, from eyes to skin, healthy and strong! |

| Day 23 | Wow! We sure learned a lot about the importance of whole grains for a healthy and balanced diet this month! Let's finish off the month with another activity. But before we get active, we need to think back to serving sizes... 1 serving of rice or pasta is about the same size as a... tennis ball. Let's pretend we're swinging your arm at a tennis ball. Please stand up and push in your chair... we're going to do 15 large swings. Are you ready? Go! 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15 |
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