

Food Sense
ECEAP – Lesson 3
Wonderful Wheat

Objectives

After completing the lesson, students will be able to:

- State that wheat is a grain
- Name two foods made with wheat
- Compare color and taste of whole wheat bread and rye bread

Story

The Little Red Hen, Byron Barton, HarperCollins Publishers, 1993.

Food Tasting

Whole wheat bread and rye bread

Supply List

Food and Serving Supplies

- 1/2 slice of wheat bread per student (cut slices into quarters beforehand)
- 1/2 slice of rye bread per student (cut slices into quarters beforehand)
- Small geometric-shaped cookie cutters
- Small paper plates
- Napkins

Educational Materials

- *The Little Red Hen*, by Byron Barton
- Flannel story board
- Children's Food Guide Pyramid with Velcro
- Grain Food models (with Velcro)
- Pictures of wheat field (far away and closer views) (with Velcro)
- Small jars half filled with wheat (to make a rattle) with lids painted either blue, red, or yellow (equal numbers of each color)
- Bag or box for jars

Handouts/Paperwork

- "I tasted a new food!" stickers for each student
- Parent Newsletter
- Extra copies of lesson 3 info sheet for ECEAP staff
- Time log
- Demographic data if not previously collected

INTRODUCTION (5-7 minutes)

- Make sure ECEAP staff has received Lesson 2 Information Sheet, which was previously emailed to them. Give them copies now if necessary.
- Give ECEAP staff the parent newsletters for distribution.
- Explain any assistance you'll need including teachers directing children to our "choice" activity in small groups.
- Set up story board with Food Guide Pyramid on it.
- Greet the children. Start by explaining that today we're going to read a story about a grain called wheat. Grains such as wheat are a healthy food in the bottom section of the Food Pyramid. Point to the bottom section and put up several grain food models made with wheat. The story is called "The Little Red Hen" by Byron Barton.
- Read the story. Ask few or no questions, but teach the children to chime in on the repetitive parts, such as "Not I said the cat!" and "I will, said the dog." When wheat is first mentioned in the story, show the pictures of the wheat field (far away, closer view and then close up of wheat stalk) and put on story board. Also point out and explain the wheat bundle pictured on the Pyramid.
- Finish reading the story.

GROUP ACTIVITY (5 minutes)

Instruct children to stand up and hold hands to form a circle. Drop hands. Explain that everyone gets a jar with wheat grains in it to use as a musical shaker. The jars have different colored lids. Ask everyone with a yellow lid to shake their jar of wheat slowly five times (shake and count with the students). Repeat for blue lids and red lids. Praise children.

Ask everyone with a yellow lid to shake their jar of wheat fast for 10 times (shake and count with the children). Repeat for blue lids and red lids. Praise children.

Note: Always refer to the jars as "jars of wheat" to try and reinforce that they are holding wheat.

Say to children something such as, "Now let's say a little rhyme while we shake. The rhyme goes like this:

Wheat, wheat, a magical treat! Now let's say it together. (Lead children in saying the rhyme and shaking in time to it.)

Grind it, bake it, and then we eat! Now let's say it together. (Lead children in saying the rhyme and shaking in time to it.)

Repeat if desired.

Note: Educator practice ahead of time to shake in time to the rhyme; don't expect rhythmical shaking from children.

Praise the children for being good shakers! Collect jars being careful that none break.

CHOICE ACTIVITY (Continue until all children who want to participate have done so.)

- Explain that children can come a few at a time to cut shapes out of Little Red Hen's bread.
- Have children place a one-quarter slice of bread on paper plate. Help them use the cookie cutter to cut the bread. Then let them eat the bread cut out. Each child can have one or two whole wheat pieces and one or two rye pieces; explain the difference between the breads—one is made with wheat and one is made with wheat and another grain called rye. Ask the children questions to compare and contrast the two breads, focusing on taste and color.
- Give "I tasted a new food today!" sticker to each student who tried at least one of the breads.

Collect signatures of paid staff on verification form.