



## **ECEAP**

### **Lesson 3 – Wonderful Wheat!**

#### **ECEAP Staff -- We Need Your Help With:**

1. Getting all children brought together and settled for reading of “The Little Red Hen.”
2. After the story, help children form a large circle for a simple group activity (wheat containers).
3. Distribute and collect our small containers of wheat (to be used as shaker rattles) to children.
4. Guide a few children at a time to the choice activity. In this choice activity children will use plastic cookie cutters to cut shapes out of a whole wheat bread and rye bread. The educator will help the children describe the differences in color and taste and give them a “I Tasted A New Food Today!” sticker.
5. Initial the time log--indicate all time all staff are in the classroom with the WSU educator, plus any additional time you spent getting children ready for the lesson or talking about food/nutrition related to the lesson either before or after the WSU presentation
6. Distribute parent newsletters.

#### **Story**

*The Little Red Hen*, written and illustrated by Byron Barton, HarperCollins Publishers, 1993.

#### **Tasting Experience**

Geometric shaped cutouts of whole wheat bread and rye bread.

#### **Classroom Materials Needed**

None.

#### **Objectives**

After completing the lesson, students will be able to:

- State that wheat is a grain and grows in the ground.
- Identify at least one food made from wheat (using pictures and prompts).
- Compare/contrast the color and taste of whole wheat bread and rye bread.