

Grains at Every Meal Activity

1. Print out the “Plate Template” (6 pages).
2. Place them in the middle of the tables.
3. Ask the students to point to the grain on each plate and ask them to name another grain.

Discussion:

What kind of grains can we eat for breakfast?

- Ask the students what they had for their last meal. Ask them if any of them ate a food belonging to the grain group. Name some foods that could be eaten for breakfast that belong to the grain group (waffles, biscuits, toast, cereal, oatmeal, etc)

-What kind of foods can we eat for lunch that belong to the grain group?

- Ask the students to name some foods that could be eaten for lunch that belong to the grain group. (hotdog buns, taco shells, pasta, tortillas, rice, etc)

-What kind of foods can we eat for dinner that belong to the grain group?

- Ask the students to name some foods that could be eaten for dinner that belong to the grain group. (hotdog buns, taco shells, pasta, tortillas, rice, etc)

- What are some grains we can eat for snacks? (crackers, popcorn, pretzels, etc.)

Visit <https://squaremeals.org/Programs/Child-and-Adult-Care-Food-Program/Meal-Patterns> for more resources!

Breakfast



Plate Template

Breakfast

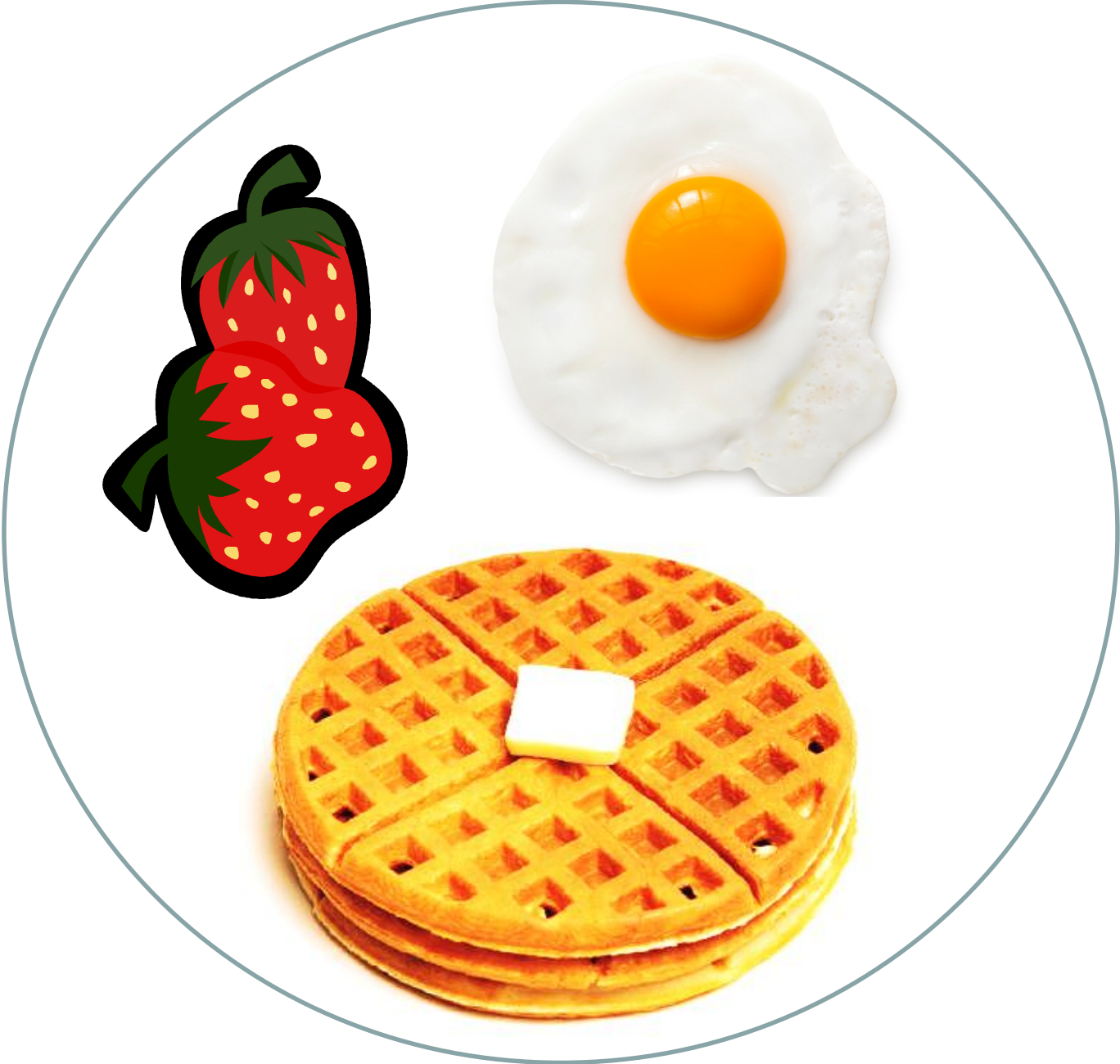


Plate Template

Lunch/Dinner

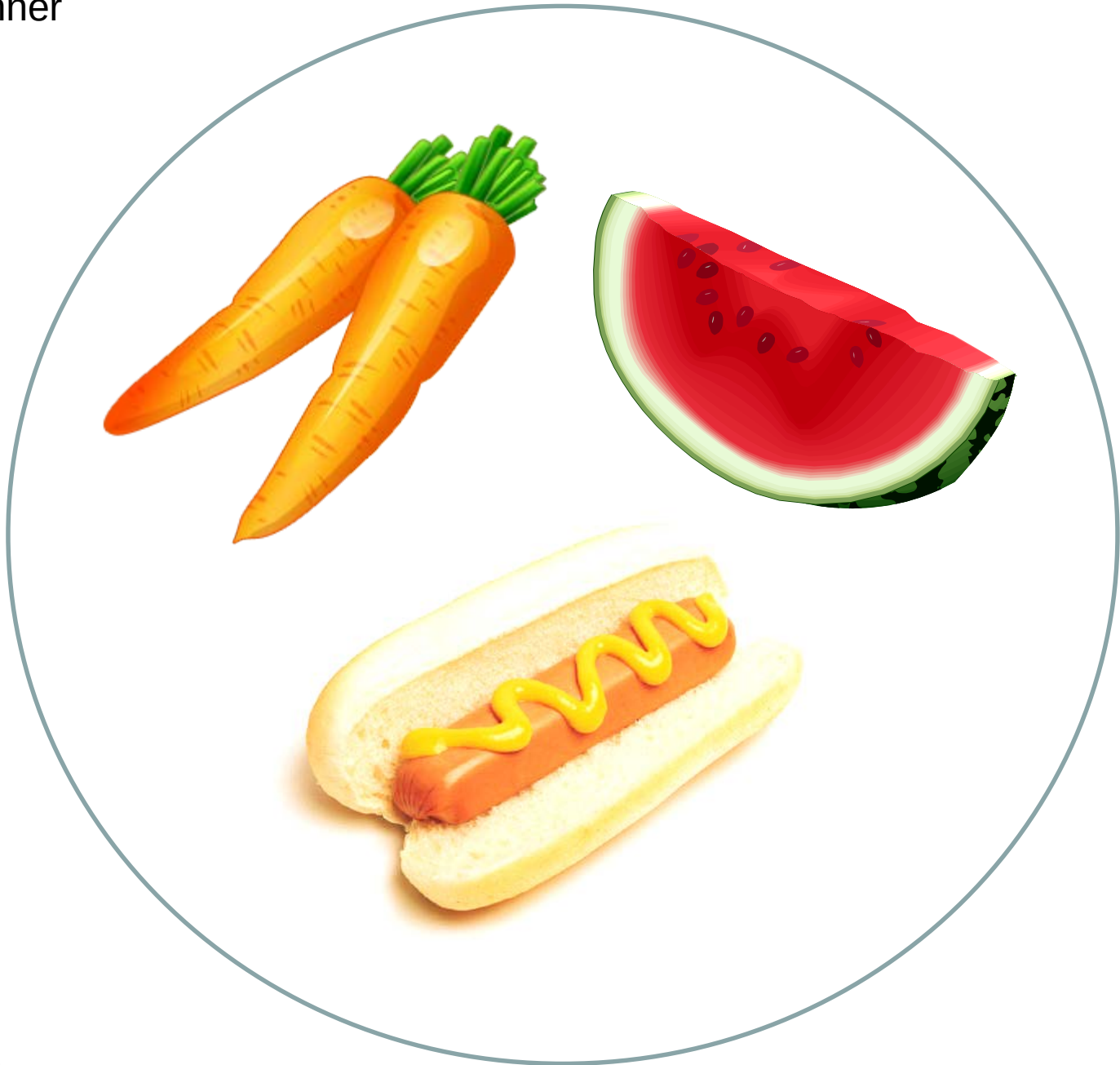


Plate Template

Lunch/Dinner

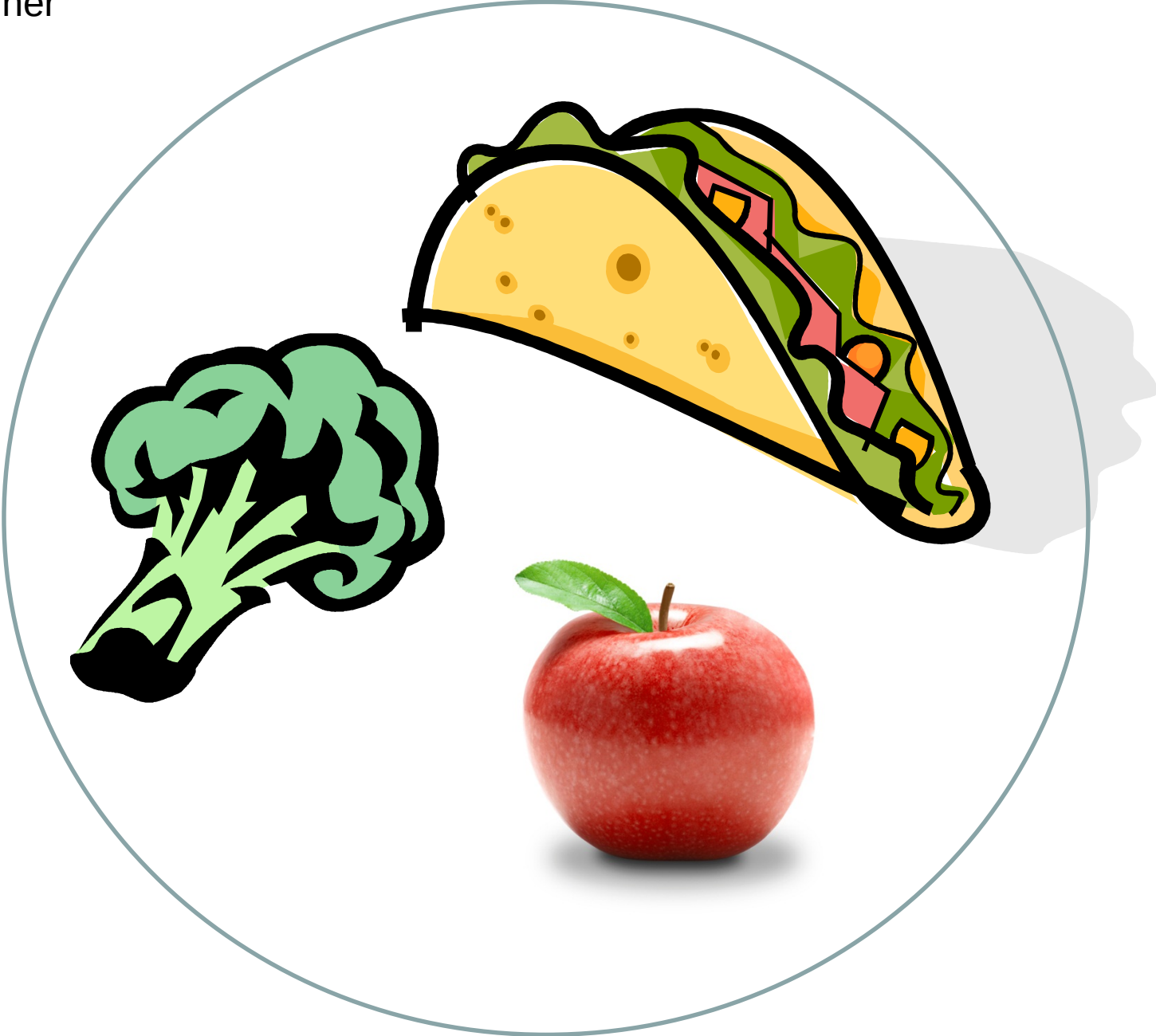


Plate Template

Lunch/Dinner



Plate Template

Lunch/Dinner



Plate Template