

# Cereal Grains

## Summary

Students will learn the basics about cereal grains. They will learn the main seven types of grains, the nutritional value found in cereal, and they will cook with a grain. They will also be able to taste cereal and compare cereal with and without sugar being added.

## Main Core Tie

Food And Nutrition I

[Strand 3 Standard 3](#)

## Additional Core Ties

Food And Nutrition I

[Strand 3 Standard 1](#)

## Time Frame

3 class periods of 45 minutes each

## Materials

DAY #1: worksheets (Grains on Parade) name tags and scripts for the story, grains to identify. DAY #2: Recipe and ingredients for treat, Lots of cereal boxes for nutrition information, and worksheets (Cereal Comparison). DAY #3: six types of cereal to taste (I listed the ones I used in my lesson plan) worksheet (cereal tasting comparison)

## Background for Teachers

Learn about the different types of grains, and where they are used the most. I found the grains to show students at a Health Food store. Go over the lesson plan.

## Intended Learning Outcomes

To get the students acquainted with different types of cereal grains they may be unfamiliar with. They will also be aware that grains can be used in many different ways, and are nutritious.

## Instructional Procedures

I have included the lesson plans below, and the handouts needed for each day. DAY 1: The students will get acquainted with the main types of grains. DAY 2: Students will prepare a treat using cereal grains and learn about nutrition in cereal. DAY 3: Students will taste and compare cereal with and without sugar.

## Strategies for Diverse Learners

For the cereal tasting, be sure you are aware of students who cannot have milk and allow them to work with another student. They can still taste the cereal without the milk.

## Bibliography

Janice Wuckert (Oquirrh Hills Middle) "Guide to Good Food"

## Authors

[Robin Lewis](#)