Get excited about being a Champion for Change by eating whole grains!

Who is this for? Adults, seniors and if applicable, caretakers

Whole Grains Crossword

Download the Whole Grains Crossword puzzle template from the Contractor’s section of EatWellBeWell.org and make enough copies for everyone in your group. After everyone has finished the crossword, ask the kids to read aloud the answers.

What you’ll need: Whole Grains Crossword, pencils or pens

Spotlight on a Grain

Choose a specific whole grain such as whole wheat, corn, oats or brown rice. Discuss the nutrition benefits of this grain and suggest simple ways the audience can use it as a snack or in a meal. Ask the group to bring in recipes from home that revolve around that whole grain and explain how they make the dish. Do this four times so you cover the main whole grains. Then you can create a recipe booklet with the recipes that the group has collected.

What you’ll need: Materials to create recipe booklets
GRAIN-GO!

Download the GRAIN-GO! game board and grain list from the Contractor’s section of EatWellBeWell.org. Make enough copies of the game board for everyone in the group. You only need one copy of the grain list.

The game board contains a bingo 5x5 grid and a list of more than 25 whole grains or meals made with whole grains. Instruct the group to write the grains or meals at random in the grid so everyone’s grid is different.

Cut out the grains and meals on the grain list and stick the pieces into a bag. Draw out one piece at a time and call out the grain or meal. The first person to complete an entire row and call out GRAIN-GO! wins the game.

What you’ll need: GRAIN-GO! game board, grain list, pencils or pens, scissors and a bag

MyDailyPlates

Download the MyDailyPlate activity from the Contractor’s section of EatWellBeWell.org. Print out enough copies for each participant. The activity sheets have three outlines of the USDA MyPlate to represent three daily meals. Discuss the MyPlate visual cue and why it helps simplify healthful eating. Point out that half the plate is for fruits and vegetables, about a quarter is for whole grains and another quarter is for healthy proteins. Low-fat dairy is also included on the side. Instruct the participants to draw or write down a breakfast, lunch and dinner they’d like to eat following the MyPlate outline.

What you’ll need: MyDailyPlate template, pens, pencils, markers or colored pencils
WHOLE GRAINS CROSSWORD

Whole grains are important because they give us energy and keep our bodies healthy! How much do you know about whole grains? Answer the clues given and then write the word into the right spot on the crossword puzzle.

ACROSS
1. How many parts does a whole grain have?
2. Brown rice contains a mineral that helps build strong bones. What is this mineral called?
3. This is the only continent in the world that doesn’t grow rice.
4. What is the name of the mineral found in oats that carries oxygen to your blood?
5. Whole grains give you what?
6. A whole grain is actually a what?
7. While fresh corn is a vegetable, dried corn is actually a what?
8. This grain helps lower cholesterol in your heart.
9. This is a whole grain that is also a favorite snack.
10. There are more than 40,000 different varieties of what?
11. Whole grains are high in fiber, which keeps which system in your body healthy?
12. Which whole grain is an ingredient in 3,000 grocery products?
13. Oats grow in cooler climates that have plenty of what?

DOWN
1. How many parts does a whole grain have?
2. Brown rice contains a mineral that helps build strong bones. What is this mineral called?
3. This is the only continent in the world that doesn’t grow rice.
4. What is the name of the mineral found in oats that carries oxygen to your blood?
5. This is the starchy part of the whole grain.
6. A whole grain is actually a what?
7. While fresh corn is a vegetable, dried corn is actually a what?
8. This grain helps lower cholesterol in your heart.
9. This is a whole grain that is also a favorite snack.
10. There are more than 40,000 different varieties of what?
11. Whole grains are high in fiber, which keeps which system in your body healthy?
12. Which whole grain is an ingredient in 3,000 grocery products?
13. Oats grow in cooler climates that have plenty of what?

For more fun games, visit EatWellBeWell.org.

DOWN: 1. three, 3. Antarctica, 4. iron, 5. endosperm, 6. rice.

This material was federally funded by USDA’s Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. AzNN 1/12
Create your own meal plan! On the plates for breakfast, lunch and dinner, write down or draw your favorite meals. Make sure that foods go into the correct categories. For example, if you want to have whole wheat cereal for breakfast, put it into the whole grains section. Planning to have sliced apples in your lunch? That goes in the fruit spot. Munching on egg salad for dinner? That’s a healthy protein!

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