

CHECK LIST

Lesson #4: Refueling with Whole Grains

1. Script

2. Props

- Small baggie of white flour
- 3 posters of whole grains labeled with clues for activity (2 bags of grains/poster)
- Coffee grinder
- Wheat stalk
- 1 labeled baggie of wheat berries
- Empty baggie to use in class
- Paper bowls to hold grain after milling - so students can feel the texture

3. Handouts

For students:

- In-class activity: 2-sided handout: diagram of grain; grain investigator activity

For parents:

- Grill Me About

For teacher:

- Teacher packet

4. Optional Food Sample

- Food preparation instructions
- Serving supplies