

FUEL UP

with



New Jersey School Lunch Program
Race to Good Nutrition

RACE WEEK #2

Groove in the Grain Lane!!

- BASIC LESSON:** This week introduces the Grain foods group, including breads, cereals, rice and pastas. Foods in this group provide energy and fiber and trace amounts of key vitamins and minerals.
- TEACHER PREP:** Please read page 19 for the Food Guide Pyramid document
- THE RACE:** Get students to eat a wide variety of grain foods, particularly those made from whole grains. Encourage them to keep on track by daily eating the five components of the school lunch.
- CHECKPOINT:** Students will be racing to the Grain Lane checkpoint.
- PRIZE:** The prize for this week is a pencil printed with the words "Get in the Grain Lane."
- PARENTS:** A letter/newsletter describing the Grain Foods Group

Groove in the Grain Lane!!

Fueling your body for the race to good nutrition



LESSON Content

- Introduction to The Grain Foods Group (health)
- Groove Grains Song Writing Exercise (language & music arts)
- Starch & Fiber Experiment (science)
- Grain Lane Obstacle Course (physical activity)



LEARNING Objectives

- Students will be able to name foods that belong to the grain foods group (health)
- Students will learn to identify grain foods which are made from whole grains (health)
- Students will learn to read fiber content on food labels (health)
- Students will be able to recognize breads and grains as sources of energy (health)
- Students will learn grain group foods from other countries (social studies)



Lesson TIME: 30 minutes per lesson

Preparation TIME: 15 minutes to review lesson, make copies of handouts
And assemble needed supplies



MATERIALS Needed

- The Food Guide Pyramid Poster
- Blank Food Guide Pyramid coloring sheets (K-4)
- Blank Food Guide Pyramid collage sheets (G5-6)
- Color Crayons (K-4)
- Magazines, scissors, glue (G5-6)

NJ CORE CURRICULUM Content Standards for Comprehensive Health & Physical Fitness

The lessons in this week meet Section 2.1 Strand C as follows:

2.1 C (1 - 3) for Kindergarten thru second grade

2.1 C (1 - 3) for grades 3-4

2.1 C (1 - 3) for grades 5-6



Groove in the Grain Lane

Lesson #1 – Introduction to the Grain Group (health & social studies)

Materials:

Food Guide Pyramid poster (Support Materials, Week #1)
Grain Group Food Card (Support Materials)
Crayons

Lesson:

Using the Food Guide Pyramid, ask students to identify the Grain Foods group
Ask children to read how many daily servings are recommended from this
Ask students to name grain foods that they like to eat at breakfast time
Ask students to name grain foods that they like to eat at lunch time
Ask students to name grain foods that they like to eat at dinner time
Ask students to name grain foods that they like to eat as snacks
Have students color the grain foods on the Grain Group Food Card
Ask each child to draw a picture of their favorite grain group food. Help them write the name of the food on their picture.
Ask the children to point to a grain food in the Pyramid that they have never eaten.
Ask if they would be willing to eat that grain food. Encourage them to ask their parents to buy and serve that grain.

Lesson #2 – Song Writing (language & music)

Materials:

Pencils, paper

Lesson:

The class will write a song together about the grain foods group. Select a tune that is familiar to them. Select a few grain foods as the focus of the song. Ask them to write a song.

To the tune of Rock-a-bye Baby:

Whole grains for breakfast
That is for me!
I like my muffins
Sweet as can be.

When it is lunch time
I like whole wheat.
And then for my dinner
Rice or noodles with meat.

Lesson #3 – Starch & Fiber Experiment (Science)

Materials:

4 medium size clear glass mixing bowls
4 mixing spoons
2 cups cornstarch
2 cups All Bran cereal
3 slices white bread
3 slices 100% whole wheat bread
1 measuring cup
4 cups water

Lesson:

Foods in the grain group contain starch and fiber. Starch is a source of energy. Fiber is not digested but passes through our body. Foods high in fiber are healthy for us.

When water is added to starch it becomes soft like warm jello. When water is added to fiber, it softens but maintains its form. It is important to include foods in our diets daily that are high in fiber content. The whole grain breads and cereals are high in dietary fiber.

Demonstration:

In one bowl, put 2 cups starch. In the other put 2 cups of All Bran cereal. Place a mixing spoon in each bowl. Add one cup of water to the starch and stir until it dissolves. Allow the students to feel the mixture. Ask them to describe how it feels.

Now, add 1 cup of water to the All Bran cereal and mix until the water is absorbed. Allow the students to feel the mixture. Ask them to describe how it feels. Ask them to describe how it differs in feel from the starch mixture.

Now put the white bread in one bowl and the 100% whole wheat in another and add 1 cup of water to each. Allow the children to feel and compare the two breads, noting that the white bread is more like the starch while the 100% whole wheat bread has more texture.

Ask the children if they would now prefer to eat 100% whole wheat bread.

Lesson #4 – Grain Lane Rally (physical activity)

See Support Materials

Groove in the Grain Lane

Lesson #1 – Introduction to the Grain Group (health & social studies)

Materials:

- Food Guide Pyramid poster
- Grain Group Food Card (Support Materials)
- Groove in the Grain Lane handout (Support Materials)
- Crayons

Lesson:

Using the Food Guide Pyramid, ask students to identify the Grain Foods group
Ask children to read how many daily servings are recommended from the grain foods group

On the Grains in my Meals Card:

- Ask students to name grain foods that they like to eat at breakfast time
- Ask students to write the name of grain foods that they like to eat at lunch time
- Ask students to write the name of grain foods that they like to eat at dinner time
- Ask students to write the name of grain foods that they like to eat as snacks

Have students color the grain foods on the Grain Group Food Card

Ask each child to draw a picture of their favorite grain group food. Ask them to write the name of the food on their picture.

Ask the children to point to a grain food in the Pyramid that they have never eaten.

Ask if they would be willing to eat that grain food. Encourage them to ask their parents to buy and serve that grain.

Ask children to identify countries of origin of items in the grain foods group. For example, spaghetti from Italy, rice from Asia, tortillas from Mexico.

Lesson #2 – Song Writing (language & music)

Materials:

- Pencils, paper

Lesson:

The class will write a song together about the grain foods group. Select a tune that is familiar to them. Select a few grain foods as the focus of the song. Ask them to write a song.

To the tune of Rock-a-bye Baby:

Whole grains for breakfast
That is for me!
I like my muffins
Sweet as can be.

When it is lunch time
I like whole wheat.
And then for my dinner
Rice or noodles with meat.

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Demonstration:

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Now, add 1 cup of water to the All Bran cereal and mix until the water is absorbed.

Allow the students to feel the mixture. Ask them to describe how it feels. Ask them to describe how it differs in feel from the starch mixture.

Now put the white bread in one bowl and the 100% whole wheat in another and add 1 cup of water to each. Allow the children to feel and compare the two breads, noting that the white bread is more like the starch while the 100% whole wheat bread has more texture.

Ask the children if they would now prefer to eat 100% whole wheat bread.

Lesson #4 – Grain Lane Rally (physical activity)

See Support Materials

Groove in the Grain Lane

Lesson #1 – Introduction to the Grain Group (health & social studies)

Materials:

- Food Guide Pyramid poster
- Grain Group Food Card
- Groove in the Grain Lane handout & teacher answer sheet (Support Materials)
- Cereal Box Labels (Support Materials)
- Crayons

Lesson:

Using the Food Guide Pyramid, ask students to identify the Grain Foods group. Ask children to read how many daily servings are recommended from the grain foods group.

On the Grains in my Meals Card:

- Ask students to write the name of grain foods that they like for breakfast
- Ask students to write the name of grain foods that they like to eat at lunch time
- Ask students to write the name of grain foods that they like to eat at dinner time
- Ask students to write the name of grain foods that they like to eat as snacks

Have students color the grain foods on the Grain Group Food Card

Ask students to write down which grain group foods they ate yesterday. Then ask them to count the total number of servings they ate from the group.

Ask each child to draw a picture of their favorite grain group food for each meal – breakfast, lunch and dinner. Ask them to write the name of the food on their picture.

Ask children to identify countries of origin of items in the grain foods group. For example, spaghetti from Italy, rice from Asia, tortillas from Mexico.

Lesson #2 – Song Writing (language & music)

Materials:

- Pencils, paper

Lesson:

Each student will write a song about the grain foods group. Instruct them to select a tune that is familiar to them. Then select a few grain foods as the focus of the song. Ask for volunteers to perform their song for the class.

To the tune of Rock-a-bye Baby:

Whole grains for breakfast
That is for me!
I like my muffins
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When it is lunch time
I like whole wheat.
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Ask the children if they would now prefer to eat 100% whole wheat bread.

Lesson #5 - Reading Labels (reading & mathematics):

Pass out the nutrition information panel sheet. Ask students to say how many grams of fiber each product contains. Ask them which food has the most fiber. Ask them to determine how much more fiber the Cheerios have than do the Cocoa Puffs. The recommended daily intake for fiber is 30 grams. Ask students to determine how many servings of each of the items they would have to consume in order to get 30 grams of fiber in their diet. (Use handout in Support Materials)

Lesson #4 – Grain Lane Rally (physical activity)

See Support Materials

Groove in the Grain Lane

Lesson #1 – Introduction to the Grain Group (health & social studies)

Materials:

Food Guide Pyramid poster

Groove in the Grain Lane handout & teacher answer sheet (Support Materials)

Cereal Box Labels (Support Materials)

Lesson:

Using the Food Guide Pyramid, ask students to identify the Grain Foods group

Ask children to read how many daily servings are recommended from the grain foods group

On the Grains in my Meals Card:

Ask students to write the name of grain foods that they like for breakfast

Ask students to write the name of grain foods that they like to eat at lunch time

Ask students to write the name of grain foods that they like to eat at dinner time

Ask students to write the name of grain foods that they like to eat as snacks

Ask students to list other foods that belong to this group (for example, waffles, tortillas, popcorn, muffins, hotdog buns, etc)

Ask students to write down which grain group foods they ate yesterday. Then ask them to count the total number of servings they ate from the group.

Ask them to calculate the percent of recommended servings they ate yesterday. (note use 6 servings as the recommended number for this age group. Example: if a child ate 3 servings then (s)he had $\frac{3}{6}$ or 50% of their recommended intake.)

Ask children to identify countries of origin of items in the grain foods group. For example, spaghetti from Italy, rice from Asia, tortillas from Mexico.

Lesson #2 – Song Writing (language & music)

Materials:

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Lesson:

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Lesson #5 - Reading Labels: (reading & mathematics)

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Lesson #4 – Grain Lane Rally (physical activity)

See Support Materials

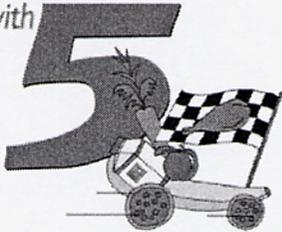
SUPPORT MATERIALS

Week #2

Groove in the Grain Lane

FUEL UP

with



New Jersey School Lunch Program
Race to Good Nutrition



This week's Grain Lane Recipe:

GRAIN LANE MUFFINS

This recipe is filled with fiber. It's quick and easy to make. It tastes great and can be served at breakfast or as a between-meals snack.

Dear Parent,

This week in the NJ Race to Good Nutrition, we will learn about foods in the Grain Foods Group. Grain foods include hot and cold cereals; breads of all types including muffins, rye, pumpernickel, sour dough and others; white and whole grain rice; all types of pastas from penne to ziti; and other grains like barley, millet and couscous.

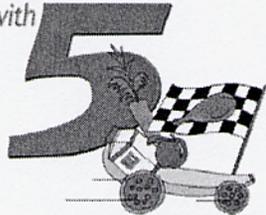
Foods in the grain group are an excellent source of energy and fiber. Fiber helps us feel full, helps regulate our bowels and can reduce the risk of some cancers and heart disease. 100% whole grain foods are great sources of fiber. For example, breakfast cereals that contain bran and 100% whole wheat pasta are high in fiber. Encourage your child to eat 100% whole grain products to increase their fiber intake.

This week's prize is a pencil printed with the words "Get in the Grain Lane."

Remember to ask your child each day if they ate food from each of the five food groups for lunch. Keep encouraging them to win with Good Nutrition!

absorbs the milk. Mix in the egg whites and applesauce. Then add the remaining ingredients.

Divide the batter evenly into 12 muffin cups. Bake at 350 degrees for 20-25 minutes or until a toothpick inserts in the center of a muffin comes out clean. Each muffin contains approximately 2 grams of fiber.



This week's Grain Lane Recipe:

GRAIN LANE MUFFINS

This recipe is filled with fiber. It's quick and easy to make. It tastes great and can be served at breakfast or as a between meals snack.

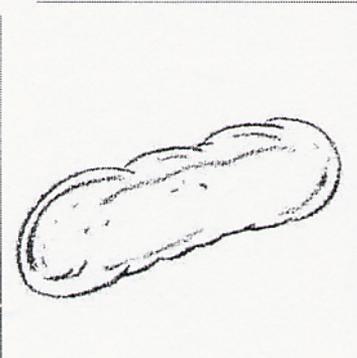
- 2 cups 100% bran cereal
- 1 1/4 cup skim milk
- 2 egg whites
- 1/2 cup applesauce
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1/2 cup raisins
- 1/2 chopped nuts (optional)
- 1 tsp cinnamon
- 1 tsp nutmeg

Preheat oven to 350 degrees. Spray 12 muffin cups with non-stick vegetable spray (usually a muffin tin has either 6 or 12 cups) and set aside.

In a medium sized mixing bowl, mix the cereal with the milk and let stand until the cereal absorbs the milk. Mix in the egg whites and applesauce. Then add the remaining ingredients.

Divide the batter evenly into 12 muffin cups. Bake at 350 degrees for 20-26 minutes or until a toothpick inserts in the center of a muffin comes out clean. Each muffin contains approximately 2 grams of fiber.

GRAIN GROUP FOOD CARDS



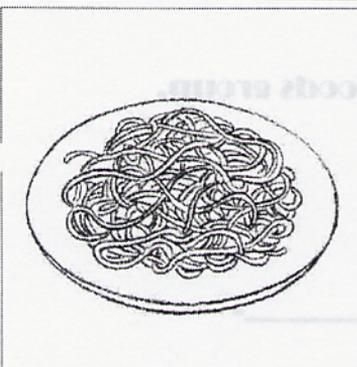
BREAD



CEREAL



MUFFIN



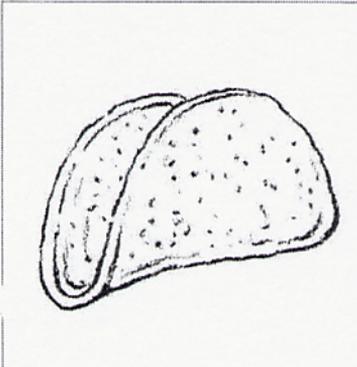
SPAGHETTI NOODLES



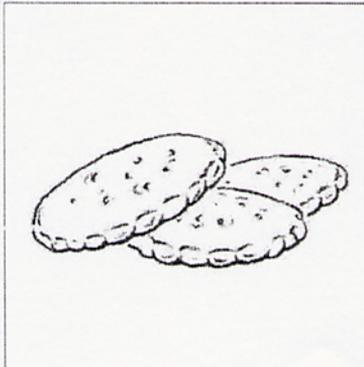
WAFFLE



HAMBURGER BUN



TACO SHELL



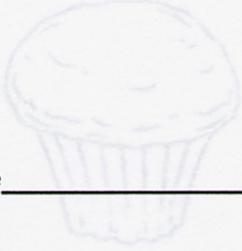
CRACKERS



RICE

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Groove in the Grain Lane



Name _____

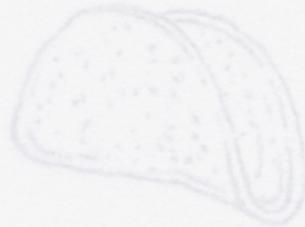
My favorite breakfast grain is _____ .

At lunch I like to eat _____ **from the grain foods group.**

A good grain food snack is _____ .

I have never eaten this grain food _____ .

Here is a picture of my favorite of all grain-group foods:

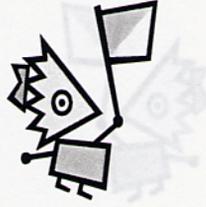


RICE

CRACKERS

TACO SHELL

Groove in the Grain Lane



Name _____

Raisin Bran has _____ grams of fiber.

Cheerios have _____ grams of fiber.

Cocoa Puffs have _____ grams of fiber.

How much more fiber does Cheerios have than Cocoa Puffs?

Fiber in Cheerios _____

Minus

Fiber in Cocoa Puffs _____

Equals _____ **more fiber in Cheerios**

How much more fiber does Raisin Bran have than Cheerios?

Fiber in Raisin Bran _____

Minus

Fiber in Cheerios _____

Equals _____ **more fiber in Raisin Bran**

How much more fiber does Raisin Bran have than Cocoa Puffs?

Fiber in Raisin Bran _____

Minus

Fiber in Cocoa Puffs _____

Equals _____ **more fiber in Raisin Bran**

Groove in the Grain Lane



Name _____

Raisin Bran has _____ grams of fiber.

Cheerios have _____ grams of fiber.

Cocoa Puffs have _____ grams of fiber.

How much more fiber does Cheerios have than Cocoa Puffs?

Fiber in Cheerios _____

Minus

Fiber in Cocoa Puffs _____

Equals _____ **more fiber in Cheerios**

The recommended intake of fiber is 30 grams. How many servings of each grain food above would you have to eat to get 30 grams of fiber?

Number of servings to reach 30 grams of fiber:

Raisin Bran _____

Cheerios _____

Cocoa Puffs _____

How many more times fiber does Raisin Bran contain than Cheerios?

_____ **divided by** _____ **=** _____ **times more**

grams

grams

Raisin

Cheerios

Groove in the Grain Lane



Raisin Bran has 7 grams of fiber.

Cheerios have 3 grams of fiber.

Cocoa Puffs have 0 grams of fiber.

Circle the grain food that has the most fiber
Raisin Bran

How much more fiber does Cheerios have than Cocoa Puffs?

Fiber in Cheerios 3 minus

Fiber in Cocoa Puffs 0

Equals 3 more fiber in Cheerios

How much more fiber does Raisin Bran have than Cheerios?

Fiber in Raisin Bran 7 minus

Fiber in Cheerios 3

Equals 4 more fiber in Raisin Bran

How much more fiber does Raisin Bran have than Cocoa Puffs?

Fiber in Raisin Bran 7 minus

Fiber in Cocoa Puffs 0

Equals 7 more fiber in Raisin Bran

The recommended intake of fiber is 30 grams. How many servings of each grain food above would you have to eat to get 30 grams of fiber?

Number of servings to reach 30 grams of fiber:

Raisin Bran 4.28

Cheerios 10

**Cocoa Puffs.....you could never eat enough!! Because t
 because they contain no appreciable amount of fiber.**

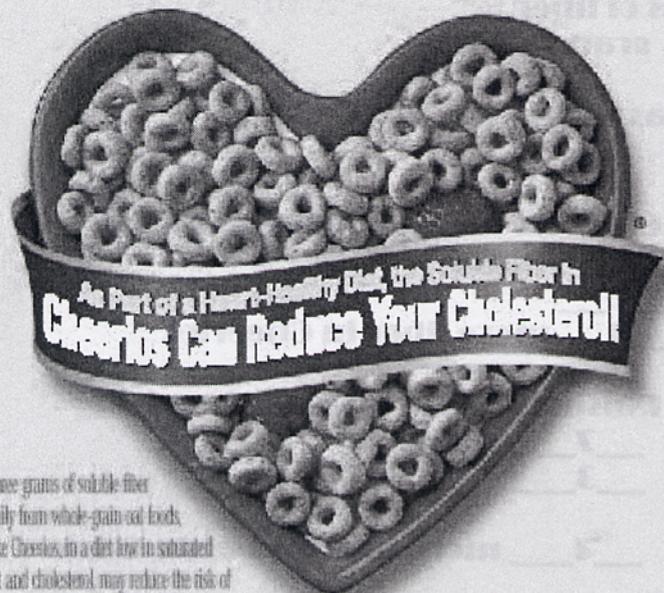
**How many more times fiber does Raisin Bran contain than
 Cheerios?**

**7 grams divided by 3 grams = 2 1/3 times more
 Raisin Cheerios**



Cheerios

Toasted Whole Grain Oat Cereal



Three grams of soluble fiber daily from whole-grain oat foods like Cheerios, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios has 1 gram per cup.

NET WT 10 OZ (283g)

INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, CORN STARCH, SUGAR, SALT, CALCIUM CARBONATE, OAT FIBER, TRISODIUM PHOSPHATE, WHEAT STARCH. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. **VITAMINS AND MINERALS:** IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D.

DISTRIBUTED BY **General Mills Cereals, LLC**
GENERAL OFFICES, MINNEAPOLIS, MINNESOTA 55440

Nutrition Facts

Serving Size 1 cup (30g)
Children Under 4 - ¾ cup (20g)
Servings Per Container About 9
Children Under 4 - About 14

Amount Per Serving	Cheerios	with % cup skim milk	Cereal for Children Under 4
Calories	110	150	70
Calories from Fat	15	20	10
% Daily Value*			
Total Fat 2g [†]	3%	3%	1g
Saturated Fat 0g	0%	3%	0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 280mg	12%	15%	190mg
Potassium 95mg	3%	9%	65mg
Total Carbohydrate 22g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 18g			12g
Protein 3g			2g

	% Daily Value	
Protein	-	9%
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	25%
Magnesium	10%	10%
Zinc	25%	30%
Copper	2%	2%

*Amount in Cereal. A serving of cereal plus skim milk provides 2g total fat (0.5g saturated fat, 1g monounsaturated fat), less than 5mg cholesterol, 350mg sodium, 300mg potassium, 25g total carbohydrate (7g sugars) and 7g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	275g
Dietary Fiber		25g	30g

Exchange: 1½ Starch



Cocoa Puffs

FROSTED CORN PUFFS



MADE WITH THE CHOCOLATEY TASTE OF **HERSHEY'S COCOA**

NET WT 13.75 OZ (389g)

INGREDIENTS: SUGAR, CORN MEAL, HERSHEY'S COCOA, PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP, CORN STARCH, MODIFIED CORN STARCH, COCOA PROCESSED WITH ALKALI, SALT, CALCIUM CARBONATE, FRUCTOSE, BEET POWDER AND CARAMEL COLOR, TRISODIUM PHOSPHATE, ARTIFICIAL FLAVOR, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, WHEAT STARCH. FRESHNESS PRESERVED BY BHT.

Nutrition Facts

Serving Size 1 cup (30g)
Servings Per Container About 13

Amount Per Serving	Cocoa Puffs	with 1/2 cup skim milk
Calories	120	160
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	1%	2%
Saturated Fat 0g	0%	0%
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 170mg	7%	10%
Potassium 50mg	1%	7%
Total Carbohydrate 26g	9%	11%
Sugars 14g		
Other Carbohydrate 12g		
Protein 1g		
Vitamin A	0%	6%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Phosphorus	2%	15%
Magnesium	2%	4%
Zinc	25%	30%
Copper	2%	2%

Not a significant source of dietary fiber.

*Amount in Cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 240mg sodium, 250mg potassium, 32g total carbohydrate (20g sugars) and 1g protein.

**Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:

	2,000	2,500
Total Fat	65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	370g
Dietary Fiber	25g	30g

Exchange: 1 1/2 Starch

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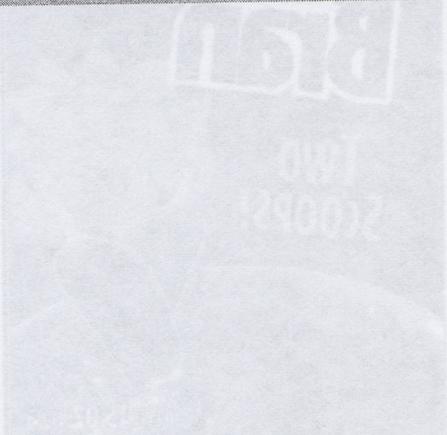
GENERAL OFFICES, MINNEAPOLIS, MINNESOTA 55440

Made in U.S.A. © 2002 General Mills

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

	2,000	2,500
Dietary Fiber	25g	30g
Total Carbohydrate	300g	370g
Potassium	3,500mg	3,500mg
Sodium	Less than 2,400mg	2,400mg
Cholesterol	Less than 300mg	300mg
Sat. Fat	Less than 20g	25g
Total Fat	Less than 65g	80g

**Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.



Nutrition Facts
 Serving Size 1 cup (59g)
 Servings per Container About 7

Amount Per Serving	% Daily Value**
Calories	
Calories from Fat	
Total Fat 1.5g*	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 350mg	15%
Potassium 360mg	10%
Total Carbohydrate 45g	15%
Dietary Fiber 7g	28%
Sugars 19g	
Other Carbohydrate 19g	
Protein 5g	
Vitamin A	10%
Vitamin C	0%
Calcium	2%
Iron	25%
Vitamin D	10%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B ₆	25%
Folic Acid	25%
Vitamin B ₁₂	25%
Phosphorus	25%
Magnesium	20%
Zinc	10%
Copper	10%

Nutrition Facts

Serving Size 1 Cup (59g/2.1oz.)
 Servings per Container About 7

Amount Per Serving	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk	
	Cereal	Fat Free Milk
Calories	190	230
Calories from Fat	15	15

% Daily Value**		
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 350mg	15%	17%
Potassium 360mg	10%	16%
Total Carbohydrate 45g	15%	17%
Dietary Fiber 7g	28%	28%
Sugars 19g		
Other Carbohydrate 19g		

Protein 5g		
Vitamin A	10%	15%
Vitamin C	0%	2%
Calcium	2%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Phosphorus	25%	35%
Magnesium	20%	25%
Zinc	10%	15%
Copper	10%	10%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4



Grain Lane Rally

The object of this game is for a team to collect 11 servings from the grain foods group.

Materials:

You will need fifty food photos pasted onto cardboard or stiff paper. Select photos as follows:

7 vegetables	7 dairy	22 grain
7 fruits	7 protein	

Assembling the food photos could be assigned to the class as an art lesson.

To Play:

Place the photos face down on a table or desk at the end of the room or at least 10 feet from the starting line.

Divide the class in half to form two teams. Players line up in a single file at a starting line. When the start is announced, the first player in line from each team, runs to the table and grabs a food photo then returns to the next player on their team.

If the food pictured in the photo that the runner grabbed is not a member of the grain foods group, then the next player must return that food photo to the table, placing it face down. This player then returns empty handed to the next player in line who runs to the table and selects another photo.

The first team to collect eleven correct items from the grain foods group wins.