Title: Whole Grain Goodness and Pick a Better Snack Interactive Nutrition Education Lesson Plan

Target Audience: Adult clients and caregivers of children two years and older and infants greater than 6 months.

Objectives:

1. Understand what defines a whole grain.
2. List several examples of whole grain foods, including those available through their WIC check.
3. Identify whole grain foods from the ingredient label
4. Identify which grains to feed infants over 6 months

Teaching Materials Needed, Including Handouts:

1. Display board or bulletin board
2. The posters for Whole Grain Goodness and the laminated pieces for Pick a Better Snack – Go for the Whole Grains (LA may choose which sections to use)
3. Master copies of the following handouts:
   a. Client Directions
   b. Make Half Your Grains Whole
   c. Whole Grain Goodness
   d. Getting Enough Whole Grain
   e. Whole Grain Foods on my WIC Check
4. Copies of the Whole Grain Word Unscramble

Advance Preparation Needed:

1. Put up displays.
2. May choose to do one display at a time, or put both displays mentioned above up at the same time.
3. Make necessary copies of the master handouts and evaluation.

Class Outline and Methods:

1. The interactive display, handouts, and evaluation will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display.
3. Once the client reads through the materials and completes the Whole Grain Word Unscramble evaluation, the client should submit the evaluation to the designated WIC staff person for recording of completion of the Whole Grain nutrition education interactive display in KWIC.
4. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
5. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?”
6. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.
Concepts and Key Points

1. Whole grains contain the entire grain – bran, endosperm and germ.
2. Some whole grains include: whole wheat, whole oats – oatmeal, popcorn, whole corn, brown rice, barley, etc.
3. In order to identify which foods are good sources of whole grain, we need to read the ingredient label. The first ingredient should be a whole grain.
4. Some whole grain foods currently available on WIC: oatmeal, whole grain cereals such as Shredded Wheat, Oat cereals such as Cheerios, Wheat Chex, etc.
5. Whole grain foods available in the WIC food packages include oatmeal, whole grain cereals, brown rice, whole wheat bread, corn tortillas.
6. Infants over 6 months receive infant cereal on their food package. Parent should begin using rice cereal first and progress to other cereal types, using wheat last.

Suggested Optional Activities:

Add other suggested activities that can be done as a part of the interactive display.

- Taste testing of brown rice or other whole grains.
- Provide various food labels with a whole grain as the first ingredient.
- Provide snack recipes with whole grain ingredients.
- Display some less common whole grains – bulgur, quinoa, barley, etc.
- Provide pictures or actual products, showing wheat from the stage of stalk, then kernel, ground into flour, and finished baked product.

Interactive Component:

The client or caregiver will interact with the WIC staff as specified in the Class Outline and Methods section. One or more interactive activities will be used in this lesson from the Optional Activities above.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the Methods section above.

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.
**Evaluation:**

The evaluation will consist of completing the whole grain word unscramble and interacting with the WIC staff as outlined in the Class Outline and Methods section above.

**Comments/Other:**

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Date: