

LESSON PLAN

TITLE: Making Half Your Grains Whole (March 2009)

TARGET POPULATION: WIC women and children over the age of 1.

OBJECTIVE:

After completing this nutrition activity, participants will be able to:

- Identify why it is important to eat whole grain foods
- Identify what are whole grain foods
- Determine how to add whole grain foods to their family's diet
- Identify the whole grain foods that will be on the new WIC food package

METHOD: Self Learning Module (Self Paced Module, Flipchart)/Bulletin Board/Walk by Display

MATERIALS: Making Half Your Grains Whole self learning module
Make Half Your Grains Whole handout
Whole Grains card (Nutrition Matters, Inc.)
Shopping for WIC Whole Grains card
Test your knowledge Pretest
Test your knowledge Post-test

TIME: 5-10 minutes, self-paced

OUTLINE OF CONTENT:

1. Pretest
2. Half the grains we eat should be whole grains
3. What are some common whole grain foods
4. The difference between a whole grain and a refined grain
5. Why it is important to eat whole grains
6. Different ways you can get your family to include whole grain foods in their diet
7. How to find whole grain foods by reading the label
8. Whole grain foods that WIC will be offered on the new WIC food package
9. Post test

EVALUATION: Participants will correctly answer three out of the four True/False questions. Additionally, they will be able to identify whole grains as the healthy choice in their diets.