

## GN-000-27, CCNE: Whole Grains, Whole Nutrition

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

**Part 1: Planning the Nutrition Education Session** - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

**Part 2: Session Outline** - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

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### Snapshot of Group Session:

**CCNE Lesson title:** Whole Grains, Whole Nutrition

**Developed by:** University of Texas at Austin & Texas WIC Staff

**Date Developed:** 02/2011

**Approved by:** Texas WIC State Office

**NE Code:** GN-000-27

**Class Description:** This class uses group discussion and hands-on activities to explore the difference between whole grains and refined grains. Participants will discuss why it is important to include whole grains in the diet, share ideas for adding whole grains, and understand what to look for on food packages and labels to determine if a product is a whole grain.

**Target Audience:** Children, parents

**Type of Learning Activities:** Discussion, hands on activities

## Part 1: Planning the Nutrition Education Session

Lesson: GN-000-27, CCNE: Whole Grains, Whole Nutrition

Item	Notes for Planning the Session
<p><b>Learning Objective(s)</b> – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Compare differences between whole grains and refined grains.</li> <li>• Identify one way to add more whole grains to their diet.</li> <li>• Read labels and claims to distinguish between whole grain and refined grain products.</li> </ul>
<p><b>Key Content Points</b> – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> <li>1. A whole grain is made up of three parts. Each part contains important nutrients. These parts are separated when they are “refined” – or processed - and many nutrients are lost.</li> <li>2. There are many small changes that families can make to add more whole grains into their diets.</li> <li>3. Food packages can use words that make us think a product is made from mostly whole grains when it is not. To identify products that are mostly whole grain check for the word “whole” in the name of the first ingredient or check for the Whole Grain Council stamp (this stamp is optional for products).</li> </ol>
<p><b>Materials</b> – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none"> <li>• Whiteboard or flip-chart and markers</li> <li>• “Whole Grains, Whole Nutrition” handout</li> <li>• Plastic “sandwich” bags with samples of:             <ul style="list-style-type: none"> <li>○ Whole wheat flour</li> <li>○ White flour</li> <li>○ Brown rice</li> <li>○ White rice</li> <li>○ Whole wheat pasta</li> <li>○ Regular pasta</li> </ul> </li> <li>• Sample packages of various grain products             <ul style="list-style-type: none"> <li>○ [Select a variety of packages: some with the word “whole” in the name of the first ingredient, some with the Whole Grains Council stamp, and some with words that can make us think a product is a whole grain when it is not. See lesson handout or additional resources below for more information.]</li> </ul> </li> </ul>

<p><b>Resources</b> – Review current WIC resources or other reliable resources like WIC Works.</p>	<p><b>Whole Grains Council:</b>  <a href="http://www.wholegrainscouncil.org/whole-grains-101/definition-of-whole-grains">http://www.wholegrainscouncil.org/whole-grains-101/definition-of-whole-grains</a> [List and Definition of Whole Grains]</p> <p><b>MyPyramid:</b>  <a href="http://www.mypyramid.gov/pyramid/grains.html">http://www.mypyramid.gov/pyramid/grains.html</a> [What’s in the Grain Group]  <a href="http://www.mypyramid.gov/pyramid/grains_tips.html">http://www.mypyramid.gov/pyramid/grains_tips.html</a> [Tips to Help You Eat Whole Grains]</p>
<p><b>Class Flow &amp; Set Up</b> – Consider the flow of the session &amp; room set-up. Note any extra preparation that may be needed.</p>	<p>Arrange chairs in a circle or semi-circle. Leave room for baby carriers and strollers. Set up whiteboard or flip-chart for use with group activities, and to record key points during session.</p>

## Part 2: Session Outline

**Lesson:** GN-000-27, CCNE: Whole Grains, Whole Nutrition

Item	Notes for Conducting the Session
<p><b>Introduction:</b> Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda exploring ground rules, making announcements, etc.</p>	<p>Example: <i>Welcome, thank you for coming. My name is _____. We’ve probably all heard that whole grains are good for us, but why? What exactly is a whole grain? Today we are going to talk about what it means when we say “whole grain”; the difference between whole grains and processed (refined) grains; and share ideas for adding more whole grains into our diets. We will also find out what to look for on food packages when searching for whole grains.</i></p>
<p><b>Icebreaker:</b> Anchor the topic to the participants’ lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<p>Ask participants to share their name, the names and ages of their children, and something that they have heard about whole grain foods.</p>
<p><b>Activities:</b> For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities</p>	<p><b>Activity #1: Whole Grains &amp; Refined Grains:</b></p> <p><i>Before we talk about whole grains, let’s pass around some samples of grain products so you can see and feel the differences between “whole grain” products and more processed – or “refined” - products:</i></p> <p>Pass out the sample bags of grain products. Have participants pass the bags around the room.</p>

Item	Notes for Conducting the Session
<p><i>should enable participants to meet the learning objectives.</i></p>	<ul style="list-style-type: none"> <li>• <b>What grain products are we passing around? Which of these are whole grain products?</b> <ul style="list-style-type: none"> <li>○ [White flour, white rice, regular pasta; whole grains: whole wheat flour, brown rice, and whole wheat pasta.]</li> </ul> </li> <li>• <b>What differences do you notice between these products (i.e. regular pasta versus whole grain pasta)?</b> <ul style="list-style-type: none"> <li>○ [Color, texture.]</li> </ul> </li> <li>• <b>What are some examples of grains and grain products that you and your family eat?</b> <ul style="list-style-type: none"> <li>○ [Examples: rice, oats, corn, bread, pasta, oatmeal, cereal, tortillas, pancakes, cookies, biscuits, muffins, crackers]</li> </ul> </li> </ul> <p>Pass out “Whole Grains, Whole Nutrition” handout.</p> <p>Explain the differences between a whole grain and a processed/refined grain.</p> <p><i>Example: A whole grain is the entire grain with all three of its parts—the bran, the germ, and the endosperm. Each part has many different nutrients. A refined grain has been processed to separate and remove parts that are high in nutrients, and leaves just the “white” part of the grain called the endosperm. The diagrams on the handout show the difference between a whole grain and a processed/refined grain.</i></p> <p>Ask a volunteer to draw and label the whole grain diagram on the whiteboard or flipchart.</p> <p>Discuss and label the diagram with the nutrients that each part provides. Emphasize that a refined grain has been processed to separate and remove parts, which removes important nutrients and leaves just the “white” (called the endosperm).</p> <ul style="list-style-type: none"> <li>• <b>What are some other examples of whole grains and whole grain products?</b> <ul style="list-style-type: none"> <li>○ [Examples: whole wheat bread, whole wheat tortillas, popcorn, corn tortillas, oatmeal, some cereals, barley, millet, quinoa.] See supplemental information at the end of lesson for complete listing of whole grains.</li> </ul> </li> <li>• <b>Why are whole grains good for us?</b> <ul style="list-style-type: none"> <li>○ [Whole grains contain important nutrients and fiber. Eating whole grains can help you and your family achieve and maintain a healthy weight, lower your risk of heart disease, diabetes, and certain cancers, reduce constipation and improve digestive health.]</li> </ul> </li> <li>• <b>What whole grain products can you buy with WIC benefits?</b> <ul style="list-style-type: none"> <li>○ [1 lb (16 oz) packages of: 100% whole-wheat bread, brown rice, oatmeal, corn or whole wheat tortillas, breakfast</li> </ul> </li> </ul>

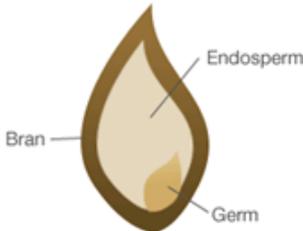
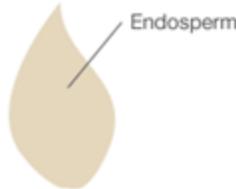
Item	Notes for Conducting the Session
	<p>cereals.]</p> <ul style="list-style-type: none"> <li>• <b>What are some things you can do to get your kids to eat more whole grains and to add more whole grains into you and your family's diet?</b> <ul style="list-style-type: none"> <li>○ <i>Participants will discuss and share tips, recipes, and ideas for using whole grain products. [Examples: try different brands and types of pastas, start by using a mixture of ½ whole wheat flour and ½ white flour, choose WIC breakfast cereals that are higher in whole grains, use whole wheat bread for sandwiches, make a snack mix with whole grain cereals, use brown rice, look for whole wheat pizza crusts, have oatmeal for breakfast or as a snack. See cooking suggestions and recipe ideas in 'supplemental information' at the end of this lesson.]</i></li> </ul> </li> </ul> <p><b><u>Activity #2: What to look for:</u></b></p> <p>Discuss the "What to Look For" section of the handout. Key points:</p> <ul style="list-style-type: none"> <li>• Look for the word "Whole" in the first ingredient.</li> <li>• Check for the Whole Grains Council stamp [Note: this stamp is optional for products].</li> <li>• Watch out for misleading words [See examples listed on handout].</li> </ul> <p>For this activity have participants work in pairs or groups depending on the size of the class and the number of sample packages available.</p> <p>Pass out sample packages. Have participants read labels and claims to decide whether products are whole grains. Have volunteers share information about their product.</p> <p><b><u>OPTIONAL discussion:</u></b></p> <p>Discuss that enrichment of processed (refined) foods can add many important nutrients that are lost but does not add back all nutrients. Also, color is not always a good indicator of whether a product is a whole grain.</p> <p><i>Example: Some refined products are enriched to put nutrients back in after processing, but not all nutrients, like fiber, are always added back in. Whole grains are usually darker in color but this doesn't always mean that it is made from whole grains. Some breads, for example, have added ingredients like molasses which makes the bread darker. There is also whole wheat white bread which is a whole grain that is naturally lighter in color.</i></p> <p><i>Looking for whole grain products can be confusing, but hopefully these tips can help make it easier.</i></p>

Item	Notes for Conducting the Session
<p><b>Review and Evaluations:</b>  <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p><i>Today we have discussed the differences between whole grains and refined grains and some examples of each. We've also discussed some ideas for adding more whole grains into our diets and what to look for on food packages to decide if a product is a whole grain.</i></p> <p><b>Name one thing you think you can start doing to add more whole grains into you or your family's diet?</b></p> <p><b>What is something you learned that surprised you?</b></p>
<p><b>Personal Review of Session (afterward):</b> <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p><i>What went well?</i></p> <p><i>What did not go as well?</i></p> <p><i>What will you do the same way the next time you give this class?</i></p>
<p><b>Supplemental Information –</b>  <i>Describe any attachments and include any other needed information.</i></p>	<p><b>Whole Grains Council:</b>            Whole Grains A-Z  <a href="http://www.wholegrainscouncil.org/files/WholeGrainsAtoZ.pdf">http://www.wholegrainscouncil.org/files/WholeGrainsAtoZ.pdf</a>            Guide to Cooking Whole Grains  <a href="http://www.wholegrainscouncil.org/recipes/cooking-whole-grains">http://www.wholegrainscouncil.org/recipes/cooking-whole-grains</a>            Easy Recipes for Families  <a href="http://www.wholegrainscouncil.org/files/DozenEasyWGRecipes.pdf">http://www.wholegrainscouncil.org/files/DozenEasyWGRecipes.pdf</a></p>

# Whole Grains, Whole Nutrition

**What are grains & grain products?** Grains are seeds of plants. Some common grains are wheat, rice, oats, corn, and barley. Some examples of grain products are bread, pasta, oatmeal, cereal, and tortillas

## Whole Grains and Refined Grains: What’s the difference?

<b>Whole Grains</b>	<b>Refined Grains</b>
<p style="text-align: center;">😊 <b>More fiber, protein, and nutrients!</b> 😊</p> <p style="text-align: center;">A <b>whole grain</b> has three parts.</p> <div style="text-align: center; margin: 10px 0;">  </div> <p>Each part has important nutrients like fiber, B-vitamins, healthy fats, vitamin E, and protein to help keep you and your family healthy.</p> <p><b>Examples of whole grain products:</b></p> <ul style="list-style-type: none"> <li>• Whole wheat flour</li> <li>• Brown rice</li> <li>• Whole wheat bread</li> <li>• Whole wheat pasta</li> <li>• Whole wheat tortillas</li> <li>• Whole wheat crackers</li> <li>• Oatmeal</li> <li>• Popcorn</li> <li>• Corn tortillas</li> </ul> <p style="text-align: center;"><b>What to look for:</b></p> <p>To find products that are mostly whole grain, the first ingredient should have the word “<b>whole</b>” in it. Examples: <i>whole</i> wheat flour, <i>whole</i> grain wheat, and <i>whole</i> grain corn. You can also look for the <b>Whole Grains Council stamp</b>, but this stamp is not required for all whole grain products.</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p style="text-align: center;">☹️ <b>Less fiber, protein and nutrients</b> ☹️</p> <p style="text-align: center;">A <b>refined grain</b> is processed, and only has one part.</p> <div style="text-align: center; margin: 10px 0;">  </div> <p>Processing or “refining” takes out most of the fiber, protein, and nutrients and leaves just the “white” part. Some products are <b>enriched</b> to add back some of the nutrients.</p> <p><b>Examples of refined grain products:</b></p> <ul style="list-style-type: none"> <li>• White flour</li> <li>• White rice</li> <li>• White bread</li> <li>• Regular pasta</li> <li>• Flour tortillas</li> <li>• Regular crackers</li> </ul> <p style="text-align: center;"><b>What to look for:</b></p> <p>These words can make us think a product is whole grain, but it is mostly refined:</p> <ul style="list-style-type: none"> <li>• “Multi-grain”</li> <li>• “Seven-grain”</li> <li>• “Stone-ground”</li> <li>• “Cracked wheat”</li> <li>• “Enriched flour”</li> <li>• “Honey wheat”</li> <li>• “Made with whole grain”</li> </ul>

**Get more with whole grains! Did you know?** -- Without the bran and germ, 25% of the grain’s protein, 78% of the fiber and at least 17 nutrients are lost!