



Level 2



Grains Group

You are your child's most important role model, and your help is needed to continue to help them be successful. Therefore, we have created fun and informative activities that you and your child can do together.

1. Find foods you might not think of as grains and look at the ingredients label for the word, "whole". Some foods might include popcorn, brown rice or crackers.
2. Interview a family member and find out if half their servings of grains come from whole-grains.
3. Have a scavenger hunt in the kitchen. How many different kinds of cereal can you find? Don't forget hot cereal too!
4. What are some differences in the foods in the Grains group? For example, some you have to cook before you eat them (pasta) and others you don't (crackers). Can you think of some others?

www.chefsolus.com

A free nutrition education web site.

The fun way to learn about nutrition!

Dear Parents,

Congratulations! Our group has been learning about nutrition this week by playing a nutrition game.

Your child has just completed the Grains Group Level of the Chef Solus and the Food Pyramid Adventure.

While playing the Grains Group Level, your child explored the Food Pyramid and learned these important facts:

- ★ Foods in the Grains group are all made from grains or flour. Included in this group are breads, cereals, rice and pasta.
- ★ The Grains group provides B vitamins and fiber which helps maintain healthy skin and helps our digestive system.
- ★ Foods from the Grains group also contain carbohydrates, which give our bodies energy.
- ★ Eat 6 ounces from the Grains group every day. 1 ounce is equal to 1 piece of bread or 1 cup of ready to eat breakfast cereal.
- ★ The Grains group is the orange stripe on the food pyramid. It is also the widest stripe which means these foods should be chosen most often.

Your child will have a certificate for the level. Help remind your child that nutrition is important and fun by posting it for the family to enjoy.

For more information and nutrition tools, found on [Parent's Tools Page](#).

Encourage your child to make half of their servings whole grains by using this [family agreement](#).

Put the [tracking sheet](#) on the refrigerator to see their successes!

Found on the [Parents' Healthy Tips page](#).

