

EAT **CAFETERIA CONNECTION**

Instruct the students to look at the food and culture themed poster in the cafeteria and to identify the countries where the following types of bread are commonly eaten: soda bread, black bread, and naan. Discuss their observations when the students return back from lunch and have had an opportunity to review the poster.

LEARN **CLASSROOM ACTIVITY**

Objective

Students will identify that bread and grains are a part of a healthy diet throughout the world because of the nutrients they provide.

10 Minute Lesson

The teacher will lead a discussion about the history of wheat growing and bread making and discuss the important nutrients supplied by bread and grain foods eaten throughout the world.

LIVE **HOME ACTIVITY**

Instruct the students to examine the food ingredient labels on packages of foods they eat at home from the grain/bread group and identify the type of grain(s) those foods contain. Ask them to determine if the first type of grain ingredient on the label is a whole grain.

Background Teacher's Notes

Bread, one of the world's oldest prepared foods, is made by baking dough – a mixture of grain flour (usually wheat but also sometimes rye, barley, corn, and oats), water, and sometimes other ingredients. Bread is a dietary staple in many countries, supplying energy as well as protein, vitamins, minerals, and, if made with whole grain, a source of fiber. In many cultures, bread has significance beyond nutrition. In American culture, the word “bread” serves as a metaphor for basic necessities and living conditions in general. For example, a “bread-winner” is a household's main economic contributor and has little to do with actually providing bread. A remarkable or revolutionary innovation is often referred to as “the greatest thing since sliced bread.” There are many variations on the basic recipe of bread, including sliced wheat bread loaf, pizza crust, pretzels, bagels, and biscuits (typically eaten in the US); soda bread (eaten in Ireland); chapati (flat wheat bread eaten in east Africa and south Asia); tortillas (flat breads made from corn or wheat eaten in Mexico), pitas (Greek wheat flatbread), naan (flatbread eaten in India and other countries in central and south Asia), black bread (Russia).

10 Minute Lesson

Read this short history of wheat and bread-making to the students:

Wheat is thought to have been cultivated over 9000 years ago. There are over 30 varieties of wheat grown today. Most of the varieties have hollow stems and long, narrow leaves and is actually considered a grass. Each head of wheat has 20-300 flowers. When the flowers are fertilized, they are harvested. Grain is produced and that grain is ground into flour from which bread is made. All grains start out as whole grains. After milling, if all three parts of the original grain – the starchy endosperm which contains mostly protein and carbohydrates, the fiber-rich bran, high in fiber and B vitamins and the germ, contains B vitamins, Vitamin E, essential fatty acids, phyto-chemicals and healthy oils – is kept intact, this qualifies as whole grains. A refined grain, in contrast, have had the bran and germ removed. The wheat flour is rich in carbohydrates, proteins, vitamins and minerals which provide energy and for daily activities. If the flour is whole grain, it also supplies a good source of fiber which has shown to promote digestive health. Whole grains contain protective antioxidants in amounts near or exceeding those in fruits and vegetables. Including whole grains in the diet has been shown to be lower risk for certain diseases such as diabetes and cancer and helpful in weight management because it makes you feel full sooner and longer. The 2005 Dietary Guidelines for Americans recommends making half of grains eaten be ‘whole grains’ every day. For example, one slice of 100% whole grain bread is one serving; other healthy grains are brown rice – ½ cup equals 1 serving; and oatmeal – ½ cup equals 1 serving. Bread is international and is eaten throughout the world. In India the bread is called Naan, it's baked in a clay oven and is eaten at every meal. In Mexico, the tortilla cooked on a griddle and is eaten at every meal. In Russia, the bread is a dark color from the addition of rye (another grain) and molasses.

Ask the students:	Answers:
What are parts of a whole grain?	Bran – B vitamins; Endosperm – starch, protein, some vitamins and minerals; Germ – B vitamins, some protein, minerals and healthy oils
What nutrients are provided by the various parts of the grain?	
What is the difference between a whole grain and a refined grain?	The whole grain is intact, on label will say ‘whole’. Refined grains have been milled – removes bran and germ and vitamins, on labels it will say ‘enriched’ instead of ‘whole’ grain.
What other nutrients comes from grains?	Iron; whole grains also supply fiber
What is the Dietary Guidelines recommendation for whole grains?	Make half of your grains whole- for example, choose more whole wheat breads and pasta, brown rice, and oats
Besides wheat, what other grain can tortillas be made from?	Corn
What is the ‘other’ grain in black bread?	Rye
What type of grain flour is Naan made from?	Wheat
Are the people from those countries getting nutrients from their bread?	Yes

Introduce and explain the EAT Cafeteria Connection and LEARN Home Activity to the students.

Optional Enrichment Idea

Assign students to research about the type of foods typically eaten from the grain/bread food group in a foreign country. Ask students to describe the foods including how they are made and when they might be eaten. Have them include information about the history and cultural significance of the food(s).