Get Up & Move!

Physical Activity Series 2: November

Going for the Grain (27 minutes)

Items needed for this activity:
• Signs to post at each of the Stops in the Great Grain Race – 1 set (available on web)
• Grain Group Handout

Instruction Cards for each team for the Great Grain Race – 1 set per team (available on web)
• Stopwatch or a watch with a second hand.

Background information for presenter:
With the introduction of MyPyramid, everyone is taking a fresh look at the recommendations being shared by USDA. One element that guided the development of MyPyramid, is the view that “one size doesn’t fit all.” In other words, the MyPyramid concept helps individuals—adults and youth—choose the foods and amounts that are appropriate based on their age, gender, and activity level.

In an effort to help educate youth on the recommended nutritional and physical activity information, we are focusing on one specific group today – the grain group.

This lesson plan provides two options for activities focusing on increasing participant knowledge about the grain group. If time is available you may choose to include both activities.

Step 1: Information to share with club members (2 minutes)
Grains come from plants like wheat, corn and oats. These are made into foods that you eat everyday such as bread, cereal, tortillas, crackers, and muffins. Popcorn is a common snack that comes from the grain group. When picking foods to eat from the grain group, you should consider the amount of sugar that has been added. For example, some cereals that you may be most familiar with may have a high sugar content. Be sure to check the food label to know if you are making the best choice.

Step 2: Group Activity (10 minutes)
Upset the “Bread Basket” Game – Many of you may be familiar with the “Upset the Fruit Basket” game – but has anyone ever played “Upset the Bread Basket?” Today we are focusing on the grain group. Most of us eat bread, which is a common food item from the grain group.

We need to form a circle with everyone taking a seat (either in a chair or on the floor). I will come around and have each of you choose either a bread or cereal name (examples: wheat bread, bagel, rice, cereal, etc.)

After everyone has identified a bread or cereal name, choose one person to be the “caller.” That person stands in the middle of the circle. If using chairs – you will need to remove his/her chair. When you say “go,” the “caller” should call out 2-3 bread or cereal names. All participants with those bread or cereal names get up and run to sit in a different spot before the caller gets to their spot. The person who doesn’t get to a seat (or the last one standing if sitting on the floor) becomes the new caller. The caller also has the option of calling “Upset the Bread Basket.” When that happens, everyone jumps up and moves.

The number of cycles that you play the game should depend on the amount of time available, and also the size of your group.
Some of the kids may choose cereals that are heavily sweetened. These still come from the grain group, however they may be a less healthy choice. Use this information as a discussion point after you have finished playing the game. You may also want to use the grain group handout as a discussion guide at the end of this activity to review other foods found in the grain group, which may not have been mentioned.

Step 3: Group Activity (15 minutes)
Great “Grain” Race – There have been several versions of a movie called the “Great Race” and even a reality TV show focused on individuals working together to complete a race. Today, we are going to complete our version of the “Great Grain Race.” To complete this race, you’ll be working as a team. Our teams are either the “Pasta Platoon” or the “Bread Brigade.”

NOTE – if you have a large club or group and want to divide into more teams, other options for team names are: “Whole Wheat Wonders,” “Mighty Muffins,” or “Popcorn Prowlers.”

A course has been created and each team is required to move through the entire course. For safety and space reasons, this will be a timed event. Teams will not move through the course at the same time. Instead, each team will be timed as they move through the different stops.

In the course, there are six required stops. At each of the stops, you’ll receive an Instruction Card that will tell the team what movement they should make as they move to the next stop. For example, when you get to Stop #1 and review the card, it may tell you that your entire team needs to gallop to Stop #2. Each set of instructions will be different. NOTE – you should designate a Team Leader. That individual is responsible for reading the card to the rest of the team and also for holding the card and keeping it until the end of the Great “Grain” Race. All members of your team must be at the stop to hear the instructions before moving on to the next stop.

Remember – you are working as a team so you need to provide encouragement to the other team members. Don’t read the instructions and then move on from a stop without informing all of the team members.

The instructions will not be the same for each team, at each stop, therefore it is important that they read their specific team instructions – not just do what they saw other teams doing.

Once you have reviewed the instructions for completing the race, ask the members of the first team to line up at a START line. Other teams should sit on the ground, out of the identified course. A designated timer should be identified. That individual will time each of team. Once everyone is ready...let the race begin!

Race Course Guidelines – Prior to the activity, identify six different stops. Print, cut apart, and post signs to identify each “stop.” Print copies of the Instruction Cards for each team that provide instructions for moving from stop to stop. Post the Instruction Cards at each stop.

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