Get Up & Move!

Community Activity Series 3: January

This month you learned about whole grains and the nutritional value they have over non-whole grains. One common food that you can buy in either form is bread. For this community activity, you will take a survey of people in your community to see which type of bread they usually eat. Tally your results in the boxes below.

Before you take your survey, prepare a short (30 – 60 second) presentation explaining the benefits of whole-grain bread over white bread. When you encounter a person who eats white bread, give your presentation and help them to understand the health benefits of switching to whole-grain bread. Ask them to commit to eating whole-grain bread instead of white bread for one week by signing below! Report back to your next 4-H meeting about how many people you were able to persuade!

<table>
<thead>
<tr>
<th>Whole-grain bread</th>
<th>White Bread</th>
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<td></td>
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<td>Total:</td>
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For my health, I pledge to switch to whole-grain bread for one week:

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