

Fidelity Observation Form – Husky Reads – Grains

Observer:	Start time:	End time:	Date:
Site:	Teachers in room (#):	Children in room (#):	Team size:

Learning objectives & talking points	Implemented* (Y/ N/ NA)	Field notes (provide examples)
1) Recognize MyPlate		
a. Display/Hold up MyPlate poster	Y N NA	
b. Ask children if they remember seeing MyPlate	Y N NA	
c. Ask children if they know the names of each of the food groups	Y N NA	
d. Identify each section/food group by name and color	Y N NA	
e. Have children repeat the names of the food groups	Y N NA	
2) Recognize grains as a food group		
a. Point out the orange section = grains group	Y N NA	
b. Repeat “grains group” (Children are asked by interns to repeat the food group name)	Y N NA	
c. Grains begins with G	Y N NA	
d. Identify grains on grains poster	Y N NA	
3) Where / how grains grow – farm to table		
4) Associate eating grains with staying healthy		
a. Whole grains are the best for our bodies	Y N NA	
b. Eat whole grains to stay healthy	Y N NA	
c. Grains give us energy to play and move our bodies	Y N NA	
d. Healthy foods fuel us	Y N NA	
e. Whole grains make our hearts strong / healthy	Y N NA	
5) Give opportunity for movement		
	Y N NA	

Date:

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Components of Lesson				
Book name(s)	Tasting:			
Activity name(s)				
Lesson Components	(Y/ N/ NA)			Field Notes (examples)
6) Recap: Did students recap core learning objectives from fruit lesson (ex. fruit group = red, fruits are a healthy snack, name fruits)	Y	N	NA	
7) Book: Did the HR group link the story to the learning objectives/talking points?	Y	N	NA	
8) Book: Did students highlight F/V featured in book?	Y	N	NA	
9) Activity/game: Did the HR group link the game or activity to the grains learning objectives?	Y	N	NA	
10) Activity/game: Did the HR group highlight F/V during the activity?	Y	N	NA	
11) Tasting: Children were positively encouraged to “try” the snack. students acted as role model, make it fun to try, positive encouragement	Y	N	NA	<i>Write what they are being told!</i>
12) Food safety – gloves on	Y	N		
13) Food safety – children wash hands or use hand sanitizer	Y	N		

Group – Overall Preparation, Knowledge and Skill Delivering Lesson			
Delivery	1 = not at all 2 = some of the time 3 = most / all of the time	Field Notes	
14) Engages children:			
a. Reading of book	1 2 3		
b. Activity	1 2 3		
c. Snack/tasting	1 2 3		
15) Positive attitude	1 2 3		
16) Act as a role model for trying food	1 2 3		
17) Explain why food is healthy in an age appropriate way	1 2 3		
18) Convey nutrition & health concepts in age appropriate way throughout lesson	1 2 3		
19) Prepared for lesson	Yes No		

Date:

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Dear Classroom teacher:

In hopes of providing the strongest nutrition education and literacy development program to your students, the Husky Reads program would like to hear from our partnering teachers on their perspectives! The following questions will be brief, please circle one response per question. We would like to know what you thought about today’s Husky Reads lesson!

Feedback from Classroom Teacher	Please circle your response:				
1) Do you think the children enjoyed the lesson?	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
2) Do you think today’s lesson was age appropriate?	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
3) Do you think the lesson increased children’s knowledge of healthy food options?	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
4) Do you think the Husky Reads lesson increased children’s willingness to try new foods?	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
5) Do you think the Husky reads lesson increased children’s recognition of MyPlate?	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
6) Comments: Please use this space to include any other comments you would like to share with the Husky Reads team about your students experience with our program:					

Date:

Class:

Husky Reads Preschool Lesson: Grains Help You Go!

Theme: Grains Group

Learning Objectives:

- 1) Recognize Grains as a food group and the color **Orange** and the letter “G” for Grains
- 2) Recognize that grains give us energy and give children a chance to move and be active
- 3) Identify that grains are parts of plants grown in a field/on a farm

Age Group: 3 – 5 years

Introduction: Introduce yourselves and hold up the MyPlate poster. Review what you talked about last week, name the other food groups and point out the **orange** section and explain that it represents the Grain group (have them repeat after you). Tell the children that grains give us energy to play and move our bodies. Hold up the Grain group poster and discuss the examples of foods found in this group. Oatmeal is the last picture on the poster - segue to the individual grains bags. “Each grain starts as a small seed that grows into a plant. Parts of the plant are picked and ground up into tiny pieces. Those tiny pieces can be used to cook all these foods in the grain group.” Show the children the individual grains and ask what can be made with the oats. (Oatmeal, bread, cookies, etc) Emphasize the importance of eating whole grains. Show the children the laminated pictures of the various grains that illustrate how they grow farm to table.

Books to Read:

- 1) *The Little Red Hen* by Byron Barton
- 2) *Healthy Eating with MyPlate – Grains* by Nancy Dickmann
- 3) *Bread Comes to Life* by George Levenson
- 4) *On Top of Spaghetti* by Paul Brett Johnson
- 5) *If You give a Pig a Pancake* by Laura Joffe Numeroff
- 6) *More Spaghetti, I say!* by Rita Golden Gelman

Activity: Whole Grain Choo-Choo Train

Have the children stand up in a circle and tell them that today is very exciting because we will be riding the Whole Grain Train! Say “out of all the grains we can eat, whole grains are the best for our bodies”. Instruct them that first they must learn how to be big, strong, healthy trains! Show them how to pump their arms like trains do, to move their wheels and blow their whistles - Bend elbows, clench fists, pump arms, saying “Chugga Chugga Chugga Chugga Choo Choo!” If space allows, have them start walking around the circle following one of the Husky Reads students. Explain that the other Husky Reads student will be holding up pictures of foods. If it is a food in the grain group the train keeps moving because healthy foods fuel our engines! Have the children name the pictured food and with an arm pull down motion, say “Choo, Choo” or have the children say “Whole Grain.” Remind them that we are exercising our arm and leg muscles on the grain train. If it is a sometimes food that is shown, the train slows down or might stop moving! (**Suggested modifications:** If walking in a circle is too difficult for your group; have them do the motions while standing in their own space on the carpet. To keep the game from getting repetitive, have the children progressively slow down or speed up their “chugga chuggas” because they have eaten so many grains and now have so much energy.)

Tasting: Whole grain “O’s” type cereal such as Kashi brand Heart Healthy. Ask the children to look for the hearts in their cereal and count the hearts and “O”s. Let them know that whole grains make our hearts strong and healthy!

Materials: MyPlate and grains posters, books, laminated grain train foods, sample grains, sanitation kit, stickers, cereal, napkins, and tasting cups

Please be sure to have the children wash their hands before eating, wear food service gloves while preparing and serving food and clean surfaces before and after your lesson. Repeat key message to reinforce theme. Meets SNAP-Ed MyPlate/Grain section guidelines.