

Checklist	Learning Components & Talking Points	Observation Notes
✓ =Complete, P=Partial, X=not observed		
<b>MyPlate Review</b>		
	Review of previous lesson	
	Display MyPlate poster and ask children if they remember seeing it last week	
	Ask children if they know the names of each of the food groups	
	Identify each food group by name and color	
	Prompt children to repeat the names of the food groups	
	Explain it's important to eat food from each food group and exercise every day to stay healthy & strong	
<b>Introduction</b>		
	Point out the orange section = grain group	
	Repeat "grain"	
	Grain begins with G	
	Explain that foods from the grain group give us energy to play and move our bodies	
	Discuss grain foods on poster: name, color	
	Ask which grain foods children like to eat & when	
	Explain: grains come from plants; parts of the plant are ground up into small pieces and these pieces are used to make foods in the grain group	
	Show grain pictures and grain bags; Discuss what grains look like on a farm, compared to at the bags	
<b>Book: <i>The Little Red Hen</i> or <i>Mr. Wolf's Pancakes</i></b>		
	Educators actively engage children in book	
	Educators use the Book Guide provided to ask children lesson reinforcing questions	
	Conclude by connecting story and lesson objectives	
<b>Activity: Climb on the Whole Grain Train</b>		
	Connect messages that "Whole grains are best for our bodies" and "healthy foods fuel our engines"	
	Name grain foods in the game	
	Educators actively engage children in game	
<b>Tasting: Whole Grain "O's" Cereal</b>		
	Explain whole grains make our hearts grow strong & healthy	
	Have children pick up a piece of cereal and try together on the count of three	
	Children appropriately encouraged to try	
	Educators act as role model to try the food	
<b>Review</b>		
	Review key messages before leaving class	
Other comments:		

## Husky Reads Lesson: Classroom Teacher Feedback Survey

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! Please circle one response per question.

We would like to know what you thought about today's Husky Reads lesson, "Grains help you go!"

<b>Do you think the:</b>	<b>Please circle your response:</b>				
1) children enjoyed the lesson	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
2) lesson was age appropriate	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion

<b>Do you think the lesson helped increase children's:</b>	<b>Please circle your response:</b>				
3) recognition of MyPlate	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
4) awareness that MyPlate reminds us what to eat to be healthy	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
5) awareness of <u>grains</u> as a food group	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
6) ability to name foods made from <u>grains</u>	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion
7) willingness to try new foods	Strongly Agree	Agree	Disagree	Strongly Disagree	No opinion

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:

Site:

Class:

Date: