

Leader's Guide

The Whole Grain Choo-Choo Train by Kathy Reeves, Mary Stickney and Diane Bowden
http://www.doh.state.fl.us/Family/wic/pages/nutrition/whole_grain_choo_choo_train.htm

Objectives: In addition to the overall objectives for Book in a Bag, children will learn:

- which foods are whole grains;
- whole grains give you energy.

Lesson Outline:

1. Review supporting information and *The Whole Grain Choo-Choo Train* prior to the lesson.
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and "A Look at Our Book: Parent's Page" as needed. If desired, attach a recipe "card" to each Parent's Page.
4. Prepare evaluation tool you will use with children.
5. Arrive early – be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Incorporate physical activity into lesson.
9. Assist children in completing evaluation tool.
10. Distribute pages for take-home, as appropriate.

Questions to Facilitate Discussion:

- What is the Whole Grain Choo-Choo train's job?
- Have you ever ridden on a train?
- Can you name some whole grain foods?
- Why should we eat whole grain foods?
- What actions do Bonita, Ollie, Tito and Haley like to do?

Other Related Children's Books:

- I Like Pasta* by Jennifer Julius
- Carla's Sandwich* by Debbie Herman
- Everyone Bakes Bread* by Norah Dooley
- Bread, Bread, Bread* by Ann Morris
- The Unbeatable Bread* by Lyn Littlefield Hoopes

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KANSAS ACADEMIC STANDARDS
Health Promotion and Disease Prevention 1.1
Kindergarten Reading: 1. 2. 1, 2, 3
1. 3. 2
1. 4. 1, 2, 3, 4, 5, 6, 8, 10
Literature: 2. 1. 1
1st Grade Reading: 1. 1.▲4, ▲5, 7
1. 2. 1, 2, 3, 5
1. 4. 1, 2, 3, 4, ▲6
Literature: 2.1.1, 2, 3
Science: 6.1.1, ▲ 2
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