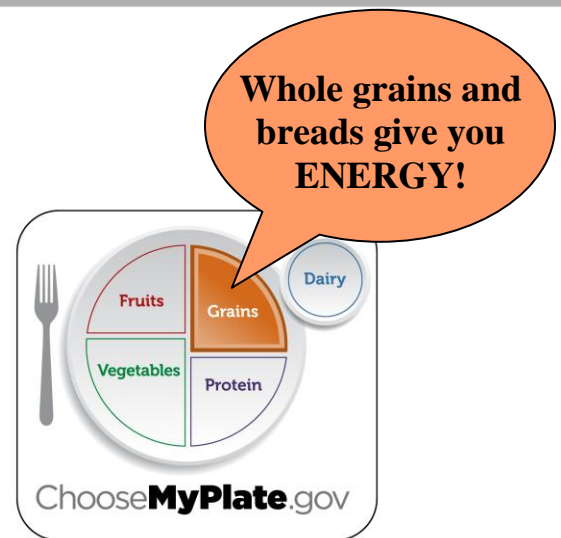


## Information for Trainers on Grains

The learner will be able to:

1. Use the phrases about whole grains and breads to communicate with children about foods and the body.
2. Describe nutrients in the grains group and how they benefit the body.
3. Identify the recommended portions of whole grains and breads for young children.
4. Locate foods in the grains group.



Grains Group	
Child Centered Phrases	<ul style="list-style-type: none"> <li>• <b>Give you energy!</b></li> <li>• <b>Help you move!</b></li> <li>• <b>Help you learn!</b></li> <li>• <b>Help you run fast!</b></li> <li>• <b>Help you jump high!</b></li> </ul>
Food Specific Phrases	<ul style="list-style-type: none"> <li>• Oatmeal is good for your tummy.</li> <li>• Breads will help you play.</li> <li>• Cereals with help you play.</li> <li>• Pasta will help you move.</li> <li>• Whole grain crackers give you energy.</li> </ul>
Nutrients	<ul style="list-style-type: none"> <li>• Carbohydrates (provides energy)</li> <li>• Fiber in whole grains (prevents constipation, regulates blood sugar, reduces the risk of colon cancer, &amp; makes you feel full)</li> <li>• Folic Acid (involved in the production of blood cells &amp; supports a healthy nervous system)</li> <li>• Iron (carries oxygen, regulates blood formation, supports growth &amp; the immune system)</li> <li>• Magnesium (involved in energy reactions, nerve impulse, &amp; muscle contraction)</li> <li>• Niacin (helps transform food into energy, needed for growth &amp; the production of hormones, supports healthy skin, &amp; involved in blood circulation)</li> <li>• Riboflavin (involved in the metabolism of macronutrients &amp; the formation of antibodies &amp; red blood cells)</li> <li>• Selenium (acts as an antioxidant, &amp; supports lung development)</li> <li>• Thiamin (helps transform carbohydrate into energy, involved in nerve function, &amp; growth)</li> <li>• Vitamin B6 (aids in the metabolism of fat, carbohydrate, &amp; protein)</li> </ul>
Adult Centered Phrases	<ul style="list-style-type: none"> <li>• Fiber helps to reduce blood cholesterol, high blood pressure, manage blood glucose, improve GI motility, reduce constipation, and reduce the risk for hemorrhoids, diverticulitis, and colon cancer.</li> <li>• B vitamins help turn food into usable energy.</li> <li>• Whole grains keep your heart healthy.</li> </ul>

**CDC links to:**

What are carbohydrates?  
What are types of carbohydrates?  
Complex carbohydrates  
Dietary Fiber (Whole grain buzz)  
Simple carbohydrates  
How do I avoid sugars?  
How much carbohydrate do I need?

**MyPlate links to:**

Help your preschooler learn to eat and enjoy whole grains.  
What foods are whole grains?  
Some examples of whole grains:  
Tips to help you eat whole grains:  
What counts as an ounce equivalent of grains?