



1ST GRADE
LESSON: Fiber
SC STANDARD: 1.W.5.4



It's your world.

WHY IS IT IMPORTANT TO BE HEALTHY?

OBJECTIVES:

- Teach students about the types of whole grains (corn, rice, oats, and wheat)
- Relate fiber back to whole grains and explain what fiber is and how it is good for the body
- Understand which foods have fiber versus those that do not

LET'S GET STARTED

- Ask the students if they know what a whole grain is and to name some examples
- Talk about the four main types of whole grains, and how they all have fiber in common
- Discuss what fiber is and its benefits, as well as other examples of fiber rich foods using the "Boss' Fiber Rich Foods" handout

STORY (15 MINUTES):

- The story for this lesson is about Boss learning about fiber and what all it can do for you body

WRAPPING UP (5 MINUTES):

- Ask if anyone can remember the four main whole grains and why fiber is important

SC STANDARDS:

- 1.W.5.4 Spell unknown words phonetically; spell common irregularly-spelled, grade-appropriate high-frequency words

LET'S GET STARTED!

- Whole grains and fiber are this week's topic! Start off by asking the kids if they know what a whole grain is and some examples.
- Using the Whole Grains sheet provided, show the kids the four main types of whole grains, which include corn, rice, oats, and wheat. Ask if anyone has ever seen these types of plants or eaten any of the foods that come from the four whole grains.

DIALOGUE BOX

- Whole grains are plant foods made from grains. Four main types of whole grains are corn, rice, oats, and wheat.
- Before grains can be eaten, they have to be processed, which is changing the grain from its natural state to something new. If the grains are processed in a bad way, then they are not very healthy; for example, processing wheat into white flour to make white bread or white tortillas. If they are processed in a good way that keeps all the vitamins and minerals, like in whole wheat bread or pasta, then it is still very healthy!
- Remember, whole wheat foods are GO foods, and processed grains, like white bread and white rice, are SLOW foods.
- Once whole grains have been explained, ask the students if they have any questions about whole grains.
- Tell students that all whole grains have something important in common; they all have something called Fiber. Ask if anyone knows what fiber is or what it does for the body.
- Explain what fiber is and some of the health benefits it has for the body, along with other fun facts provided.

DIALOGUE BOX

- Fiber is something in certain foods that helps cleanse the body where food passes through. It only comes from plant foods and never comes from anything animal based, such as meat, cheese, milk, or yogurt.
- You all ideally need about 25-28 grams of fiber per day through the foods you eat.
- The more a food looks like it did when it was in nature, the more fiber it has than if it had been processed. For example, an apple, which can be found in nature, has more fiber than applesauce or apple juice, which cannot be found in directly in nature.
- Can anyone think of any more ideas of foods in nature with more fiber in them than after they have been processed?
- Fiber can be found in grains, fruits, vegetables, and also beans! Beans are a high fiber food, which means they have a lot of fiber in them!



STORY

- The story for today is about Boss learning about fiber and all of the great things it can do for your body
- Use the spelling list to go around the room, and have students spell out simple words, some relating to the story about Boss

Boss' Friends Teach him about Fiber

During one afternoon over the weekend, Boss and his friends all decided to get together, eat lunch, and go for a swim at one of their friend's pool! Because they were all involved in summer camps and other activities, they did not get to have pool parties very often; they only got to have one every few weeks. They all arrived at Boss' friends house and could not wait to get in the pool! They changed into their swim suites, jumped in to the pool all together, and decided to play pool games! After an hour of swimming and a round of pool tag, Will said that he was getting hungry and asked if anyone else was hungry! Boss said, "Oh, Will, I am getting very hungry! I would love some lunch right about now!" Another friend said, "Yes me too! I would also like to go inside for lunch now!" Everyone else agreed; they dried off and starting walking inside where Wills's mom had ingredients to make sandwiches!

There was turkey, ham, chicken salad, vegetables, different cheeses, and there was even peanut butter and jelly incase someone wanted that! Everyone lined up to make their sandwiches, and when it was Boss turn, he started to grab some of the white bread when a friend said, "Boss, why don't you try the whole wheat bread!" Boss turned around and asked, "Why do you say that? What is the difference between he white and whole wheat bread?" Boss friend said, "Well the whole wheat bread has whole grains in it that are very healthy for you body, and it also has cover in it! The white bread does not have whole grains or fiber!" With a confused look on his face, Boss asked, "What is fiber? I have never heard of fiber?" Will replied, "Fiber is a part of certain foods, like fruits, vegetables, and whole grains, that helps your digestive system work the right way, and helps clean your body out keeping you body healthy and happy! You can kind of think of it in this way... When you're sink getting dirty, you put cleaner in it to clean it out, which makes it work better like I used to. Fiber works like the cleaner works with the sink! When you

eat fiber, you're cleaning out your body and the places that food travels through after you eat it! When your digestive system is clean, you will start feeling better and your body will start functioning the way it was meant to!" Boss said, "I had no clue that whole wheat bread was that good for you! I also did not know that fiber was so important for your body! I am going to start eating whole wheat bread and cereal more after so that I can get more fiber in my food!" Will said, "That is great to hear Boss! Just remember that fiber can be found in more foods besides whole wheat bread. Fiber is found in whole wheat bagels, whole wheat cereal, whole wheat crackers, and even foods like fruits and vegetable! When you want to know how much fiber is in your food, just check the white label that comes on the side of the box or package and it will tell you how much fiber you are about to eat! There are also many different versions of the foods we all love that come in more options! For example, instead of getting the plain frozen waffles for your breakfast, look for the whole wheat waffles! They will have more fiber, and they may even be lower in artificial, or fake, ingredients!" Boss was so happy that his friend has talent he time to teach him about fiber. He put the white bread back in the bag, and grabbed two pieces of whole wheat bread instead! He added he low fat turkey and some healthy vegetables, making a well-rounded and delicious sandwich to eat at their pool party!

WRAPPING UP

- Ask students if they have any last questions on the lesson about whole grains and fiber.
- Remind them briefly of the four main types of grains that we discussed at the beginning, and then recap what fiber is with a couple benefits.

DIALOGUE BOX

- The four main types of whole grains are corn, rice, oats, and wheat, and all four of these grains have one thing in common: fiber.
- If whole grains are processed a certain way that turns them in to white grains, then those foods aren't as healthy.
- If you remember correctly, fiber comes from plant foods only, and helps clean out the parts of the body where food passes through.
- Beans, fruits and vegetables are three other great sources of fiber; eating these foods is an easy way to reach your daily goal of 25-28 grams of fiber per day.
- And remember, the more the food looks like it looked in nature, the more fiber it contains!

GLUTEN FREE

If a student happens to be gluten free, remind them that just because they cannot have wheat, they can still eat some of the other whole grains, like corn, rice, and oats, if gluten has not been added during the processing period!

SPELLING LIST

1. Apple
2. Jaw
3. Rain
4. Cook
5. Drink
6. Bake
7. Blue
8. Book
9. Meat
10. Them
11. They
12. There
13. Their
14. Gift
15. Grape
16. Cook
17. Snow
18. Soda
19. Spoon
20. Corn
21. Pen
22. Dime
23. Home
24. Nose
25. Water
26. Name
27. Chop
28. Tree
29. Milk

