

Week 2 Overview:

Grains and Dairy

What do you know about Dairy?

- The dairy group consists of milk, cheese, and yogurt
- Calcium and Vitamin D are the most important part of the dairy food group because our bones, teeth, and nails need calcium to grow strong and Vitamin D helps us absorb calcium
- Did you know that you should consume about 3 servings of dairy per day (depending on age, activity level, etc.)?

What are grains?

- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Examples: bread, pasta, popcorn, and breakfast cereals are examples of grain products.
- The types of grains that are best for us are "whole grains." This means the food is made from the entire grain kernel of wheat, rice, etc. These give our brain and muscles the most energy.
- "Refined grains" do not use the entire kernel, and these are in most packaged snacks, white breads and pastas, and desserts
- Super Kids should make half of their daily grains whole grain to get the most out of their grains.

WHAT TO EXPECT THIS WEEK

- Activity: The Grain Match (1st – 4th)
Cow and Corner Bookmarks (5th +)
- Recipe: Pita Pizza
- Exercise: Up & Moving Meditation (1st – 4th)
Raisin Meditation (5th +)

Week 2 Activity:

The Grain Match

Grain Matching Game

We are the grains food group. Can you guess our names? We come from different grains like oats, barley, wheat, and rice. Look for 100% whole grains to be sure you are getting the real deal! We have lots of fiber that helps you feel great and be healthy!

Instructions: Draw a line from the grain food to the name. You can even color the page when you finish!



Bagel

Bread

Cereal

Cracker

Macaroni

Oatmeal

Pancake

Popcorn

Pretzel

Ravioli

Rice

Spaghetti

Waffle



Week 2 Activity:

Cow Corner Bookmarks

What you need

- white origami paper or plain paper cut into a square
- pink paper
- beige paper
- scissors
- glue
- black marker
- Optional: wiggle eye stickers


Instructions:

1. Start by folding a sheet of origami paper into half (fold across the diagonal line) to get a triangle.
2. Grab one layer of the paper at the top of the triangle and fold it towards the bottom – a square should form.
3. Take one corner of the triangle and fold it to the bottom middle. Unfold.
4. Do the same with the other side
5. Now fold the same corners to the top of the triangle.
6. Tuck the flaps into the pocket.
7. Your corner bookmark base is now complete.
8. Draw spots with a black marker (or a brown one if you fancy brown and white cows more).
9. Cut a snout out of pink paper. Draw nostrils.
10. Glue the snout on the bookmark.
11. Draw eyes or stick on two wiggle eye stickers.
12. Cut horns out of beige paper and glue them on the bookmark.
13. Your cow corner bookmark is ready!

[Video Tutorial and Pictures:](#)

Week 2 Recipe:

The Pita Pizza

AGENCY SHOPPING LIST (suggested)	
<ul style="list-style-type: none"> <input type="checkbox"/> 1 piece of pita bread <input type="checkbox"/> 1 cup shredded mozzarella cheese <input type="checkbox"/> 3-5 pepperoni slices 	
RECIPE INGREDIENTS	NOTES
<ul style="list-style-type: none"> <input type="checkbox"/> 1 piece of pita bread <input type="checkbox"/> 2-3 tablespoons of pizza sauce (1 marinara sauce packet) <input type="checkbox"/> 1 cup shredded mozzarella cheese <input type="checkbox"/> 3-5 pepperoni slices 	<ul style="list-style-type: none"> • You'll need a toaster oven, measuring spoon and cup, paper plate and knife • Can substitute pepperoni slices for any other favorite topping
DIRECTIONS	
<ol style="list-style-type: none"> 1. Preheat the toaster oven to medium-high heat 2. Place pita bread in the toaster oven. Carefully remove pita bread and place on paper plate 3. Spread pizza/marinara sauce on top of pita bread and top with cheese and pepperoni (or any topping you choose) 4. Place back in toaster oven until cheese has melted (<i>bubbly but not brown</i>) 5. Remove and enjoy! 	

Week 2 Exercise:

Up & Moving Meditation

Physical activity is when your body is in motion and your heart rate is higher. It is just as important to practice calming one's mind and body through meditation. Meditation has many positive benefits, including helping to improve focus, manage stress, and reduce negative emotions. Get your body and mind moving with this calming mindfulness exercise from GoNoodle.

Supplies:

- Viewing screen
- Internet connection and browser

Instructions:

1. Open the internet browser.
2. Type in the below web address to access the guided video from GoNoodle.
- a. <https://www.gonoodle.com/videos/QXBVmX/up-and-moving>
3. Once the video is on-screen, have students spread out in the space.
4. Hit play. The video is approximately four and a half minutes.

Optional Suggestions:

Consider dimming the lights and have students wiggle out their giggles out before beginning!

Week 2 Exercise:

Raisin Meditation

Time Required

Five minutes daily for at least a week. Evidence suggests that mindfulness increases the more you practice it.

How to Do It

1. **Holding:** First, take a raisin and hold it in the palm of your hand or between your finger and thumb.
2. **Seeing:** Take time to really focus on it; gaze at the raisin with care and full attention—imagine that you’ve just dropped in from Mars and have never seen an object like this before in your life. Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, the folds and ridges, and any asymmetries or unique features.
3. **Touching:** Turn the raisin over between your fingers, exploring its texture. Maybe do this with your eyes closed if that enhances your sense of touch.
4. **Smelling:** Hold the raisin beneath your nose. With each inhalation, take in any smell, aroma, or fragrance that may arise. As you do this, notice anything interesting that may be happening in your mouth or stomach.
5. **Placing:** Now slowly bring the raisin up to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the raisin in your mouth; without chewing, noticing how it gets into your mouth in the first place. Spend a few moments focusing on the sensations of having it in your mouth, exploring it with your tongue.
6. **Tasting:** When you are ready, prepare to chew the raisin, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites into it and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing. Without swallowing yet, notice the bare sensations of taste and texture in your mouth and how these may change over time, moment by moment. Also pay attention to any changes in the object itself.
7. **Swallowing:** When you feel ready to swallow the raisin, see if you can first detect the intention to swallow as it comes up, so that even this is experienced consciously before you actually swallow the raisin.
8. **Following:** Finally, see if you can feel what is left of the raisin moving down into your stomach, and sense how your body as a whole is feeling after you have completed this exercise.

Why It Works

By increasing awareness of internal mental and physical states, mindfulness can help people gain a greater sense of control over their thoughts, feelings, and behavior in the present moment. Paying closer attention to the sensations of eating can increase our enjoyment of our food and deepen our appreciation for the opportunity to satisfy our hunger. Mindfulness can also help people become more attuned to hunger and fullness signals and therefore avoid overeating or “emotional eating.” In the words of mindfulness expert Jon Kabat-Zinn, “When we taste with attention, even the simplest foods provide a universe of sensory experience.”