

**Adventures in Food and Nutrition! © 2012**  
**Chapter 18: Great Grains—MyPlate Activity**

**Grains, MyPlate, and You**

Foods from the grains group form the basis of a healthy diet. These foods provide many important nutrients including protein, fiber, thiamin, riboflavin, niacin, and iron. Many people choose refined grains that contain only the endosperm. For good health, experts recommend that at least half your grain choices should be whole grains. This activity will help you compare the differences in whole-grain and refined grain foods.

**Activity Questions**

1. Visit the MyPlate website below. Click on the *MyPlate* tab and select *Grains*. What foods are considered to be grain products? List five examples of grain products.

<http://www.choosemyplate.gov/>

2. What is the difference between whole grains and refined grains?

3. Think back to this time yesterday. List all the breads and grains you ate since then and the amounts of each. Be sure to include all the breads, rice, pasta, popcorn, oatmeal, cereal, and other grains you ate. Then circle all the whole-grain foods you ate.

Name \_\_\_\_\_ Date \_\_\_\_\_

4. Were at least half your grains whole?

5. Did you eat the recommended amount for your age, sex, and level of physical activity?

6. List five tips that could help you include more whole-grain foods in your diet versus refined grains.