

Whole-Grain Foods Tasting Activity

Suggestions for Use in Training

School nutrition directors, managers, or anyone providing training to employees may use this group tasting activity to illustrate the importance of whole-grain foods.

Supplies needed

- Assorted selection of whole-grain breads and cereals
- Small plates and cups of water, one per participant
- Napkins

Preparation for the Activity

- Use proper food preparation and food safety practices.
- Cut bread samples into bite-sized pieces for tasting.
- Portion breads and cereals onto plates for tasting.
- Allow opportunity for participants to wash their hands.

Activity Directions

SAY: We will do a short tasting activity. The goal is to help each of us explore healthier food choices. Today we will taste a variety of whole-grain foods.

DO: Give each participant a small plate with bite-size pieces of several whole-grain foods.

SAY: The focus of the tasting activity is to learn to select and enjoy healthier foods, such as whole wheat bagels, English muffins, breads, and cereals. As you taste each food sample, explore the flavor and texture.

DO: Briefly discuss how whole-grains can be a healthy addition to our diets.

SAY: Whole-grain foods provide fiber and other valuable nutrients. The fiber in whole-grains can reduce our risk for heart disease, diabetes, some types of cancer, and can even improve our digestive health. Eating whole-grains may also help us keep from overeating and gaining weight. And whole-grain foods taste great!

“Picture This” Communication Activity *continued*

Additional Handouts

For additional handouts to support this activity, refer to the Tools and Tips for Trainers content list on the ICN Web site.

- Dietary Guidelines Fact Sheet
- Serving the Dietary Guidelines With Style
- Healthful Eating and Healthy Weight
- Healthful Eating Guide

Source: National Food Service Management Institute. (2005). *Nutrition 101: A taste of food and fitness*. University, MS: Author.

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