

Materials You Will Need

Music & Lyrics:

Food 'n Fun: Track 6. *The Bread Song*.

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Lyrics following lesson plan.

Story:

Bread Comes to Life, Author: George Levenson

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Handout:

- *Make a Sandwich* reproducible activity sheets.
- Color crayons or markers, glue and scissors.

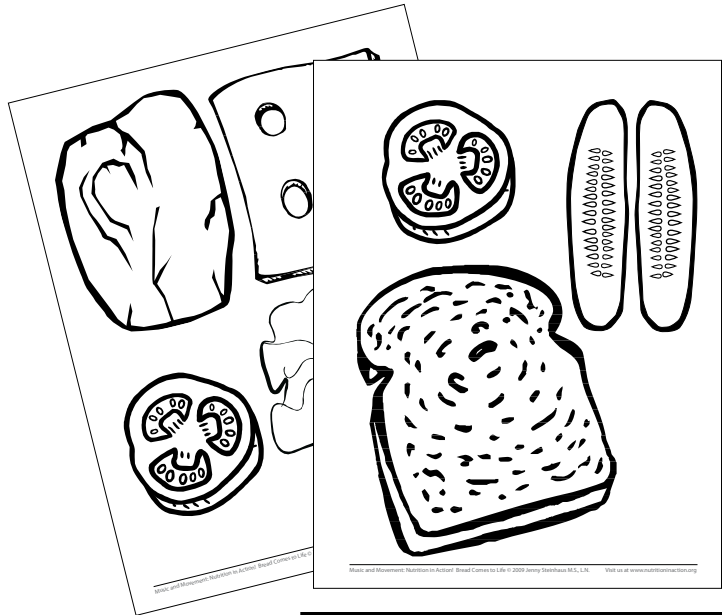
Other:

- Piece of wheat; can be real or a picture.
- Different examples of breads and other grain foods. Use real food or food models.
- Reproducible *Farm to Table: Breads Comes to Life* parent newsletter.

Optional:

- Ingredients for optional bread taste test.
- Exploring grains field trip.
- Ingredients for make your own flour activity.

Time: 30-60 minutes



Teaching Tip:

Make your sandwich before the lesson to show the students as an example!

Farm to Table
Bread Comes to Life

More foods are made from wheat than from any other cereal grain. It is the main ingredient for many of our favorite foods including rolls, breads, noodles, and cakes.

It is important for children to understand where their food comes from. Farmers plant seeds in the field which grows into wheat. After the wheat grows and is ready to harvest, a combine machine cuts the wheat and separates the kernels from the plant. The wheat kernel consists of the endosperm, bran, and germ.

The wheat is then transferred to a truck and is taken to the mill. At the mill the endosperm is separated from the rest of the kernel and is ground and is used to make white flour. Whole wheat flour is made by grinding the entire wheat kernel. The flour can be used to make bread, macaroni, crackers, breakfast cereals, and many different foods in the grain group.

Sandwich Design

This is an easy and fun way to serve any meal of the day! Let your child decorate sandwiches.

1. Use a saucer or cookie cutter to trace a circle or shape from each slice of bread.
2. Let your child spread peanut butter, jam, or soft cheese on their bread.
3. Next, your child can choose to make a face or decorate their bread shape with any ingredients you have on hand.

Ingredients may include: banana slices, raisins, cranberries, carrot curls, apple slices, pickles, olives, tomato slices, shredded cheese, sandwich meat, or anything you have available.

Music and Movement: Nutrition in Action! Bread Comes to Life © 2009 Jenny Steinhaus M.S., L.N. Visit us at www.nutritioninaction.org