



Grains | Grain Exploration & Quick Tabbouleh

Activities

Developed by: Gallatin Valley Farm to School (www.gvfarmtoschool.org). Adapted from: Montana Harvest of the Month and Chop Chop magazine.

Grades

Afterschool | K-5

Objective

Through this lesson, students will gain an appreciation for the wide variety and uses of grains. They will prepare a quick version of tabbouleh.

Students will be able to:

- Determine what makes a grain
- Name 2-3 types of grains grown in Montana
- Describe the function of grains in our diet
- Follow instructions
- Utilize cooking tools safely
- Understand standard measurement

Dig Deeper

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Aubree Roth

Montana Farm to School Coordinator

aubree.roth@montana.edu | (406) 994-5996

mtharvestofthemonth.org

Materials

- 4-5 examples of grains in plastic baggies (e.g., wheat, oats, barley, corn, buckwheat)
- Cutting boards (4-5)
- Butter knives – class set
- 4-5 mixing bowls
- Serving bowls – class set
- Spoons – class set
- Cooler, ice packs or ice
- 1/2 cup bulgur wheat
- 1 cup warm water
- 2 large ripe tomatoes, cored and diced (about 1 1/2-2 cups)
- 1 cucumber, diced
- 2-3 scallions, chopped (use both the green and white parts)
- 1 bunch flat leaf parsley leaves, chopped
- 1 bunch mint leaves, chopped (optional)
- 2 Tbsp olive oil
- 1 Tbsp fresh lemon juice
- Pinch of salt

Directions

- Before the lesson, prepare ½ cup bulgur wheat by adding 1 cup warm water and refrigerating. Place in cooler during lesson delivery.
- Ask students about their previous experiences with Harvest of the Month. What did they think was fun? What did they learn? Did they try something new? What do they think we will be talking about today?
- To generate some excitement for this lesson, tell students that you are not going to tell them what the Harvest of the Month is today. They are going to tell you.
 - Pass out small bags of grains to groups of students. Ask them to:
 - Describe what they see in the bag
 - Describe how they think it might be used
 - Talk to other groups. How is your item similar? Different?
- Ask the students what they think the theme might be. *Seeds we can eat. Grains!*
- Explain that grains are seeds that we can eat. Discuss the examples you have describing how we might eat each grain.
- Explore grains in Montana; line up the bags of grains in front of the group. Ask them to pick out the three bags that they think are grown the most in Montana. Then reveal that wheat, barley and corn are the grains that Montana farmers grow the most.
- Briefly describe the health benefits of whole grains. *They give us energy that lasts all day.* Consider having a student demonstrate what it looks like when we receive a lot of energy from sugar. *We get a lot of energy really quick but it fades just as quickly.* Have a student demonstrate what it looks like when we get energy from grains. *We get energy a bit more slowly, but it lasts much longer.*
- Demonstrate proper cutting techniques for each ingredient of the recipe. The more specific you are, the better. Be sure to describe knife etiquette and establish consequences for misuse.
- If students haven't washed their hands yet, do so now.
- Pass out cutting boards and knives to groups of two or three.
- Distribute ingredients to be cut accordingly.
- Place mixing bowls between groups with instructions for like ingredients to be placed in each.
- When all ingredients have been appropriately diced, chopped, or sliced, have a representative from each group place the ingredient in a large mixing bowl.
- Stir and place in serving bowls.
- Consider inviting the students to wipe down the table and clean up stations before eating.
- Pass out serving bowls reiterating the "Don't Yuck my Yum" rule.
- Cheers to grains!



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, Montana Organic Association, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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