

# Eat Smart Be Smart

## High Five For Fiber

-  **Grade Level:** Second    **Lesson Time:** 30 Minutes
-  **Integrated Core Subjects:** Math, Health Enhancement
-  **Montana Content Standard:** Math Standard 2: Students demonstrate understanding of and an ability to use numbers and operations. Math Standard 6: The students demonstrate understanding of an ability to use data analysis, probability, and statistics.
-  **Montana Content Standard:** Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
-  **Objectives:** Students will identify the definition of a high fiber food; discover the importance of eating high fiber foods; and identify foods that are high in fiber.

### Lesson/Activity

1. Introduce the lesson by telling the students that they are going to learn about an amazing substance which is a very important part of a healthy diet and found only in plant foods (not animal products). It acts like a scrubber to clean the places inside our body where food passes through and helps move food through our body quickly. It also helps keep our hearts healthy. Ask the students to guess what you are describing (fiber).
2. Write "Fiber" on the board. Ask the students if anyone has ever heard this term before or seen it on a cereal box. Show examples of foods that have fiber in them (show pictures of fruits, vegetables, grains, cereals, beans, nuts). Reinforce that these foods all come from plants. The amount of fiber is higher in foods that are in their natural or whole state. For example, a fresh apple has more fiber than applesauce or apple juice. The more the food looks like it did when it was growing on a tree or in the ground, the more fiber it has in it.
3. Whole grain or wheat flour and products like whole wheat bread are good sources of fiber. Project the Meet the Kernel handout on the board and explain how white and whole wheat bread are made. Show pictures of other good sources of fiber like corn, oats, brown or wild rice and barley.
4. Distribute the High Five for Fiber work sheet, review the directions and have students to complete it. Remind them that fiber is only found in plant foods. Be sure they write down one high fiber food to eat at breakfast the next day and encourage the "high five."
5. Point out that they need to eat five high fiber foods per day. Have them circle the foods on the work sheet that they may choose to eat this week to meet the "high five" goal.
6. Hand out the High Five for Fiber data table. Look at the first food (whole grain cereal) and have students raise their hand if they like to eat it. Count the number and have all students record it. Repeat this activity for each picture until the table is complete. Ask the students to write down the food that most of the students liked and the name of the food that the least number of students liked.

### Materials Needed

- A copy of the High Five for Fiber work sheet\* and the High Five for Fiber data table for each student.
- A copy of the Healthful Whole Grains teacher reference sheet and Meet the Kernel handout.

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## Outcome Goals

-  Students will be able to describe what fiber is and what it does for our bodies.
-  Students will be able to list two sources of high fiber foods.
-  Students will plan one high fiber food to eat tomorrow.

## Extending the Lesson

-  Review that many hot and cold cereals can be good sources of fiber. Ask the students to bring an empty cereal box from home. As a class, ask them to look at the Nutrition Facts Label for the fiber content. Rank the cereals from highest fiber to lowest fiber content. Hint: A high fiber cereal should have at least 3 grams of fiber in it but the higher amount the better! Conclude the lesson with encouraging the students to try the higher fiber cereals. You may want to bring in one or two high fiber cereals, like raisin bran, shredded wheat/frosted mini wheat, oatmeal or oat bran.
-  For a list of the fiber content in common cereals and foods go to the Web site:  
<http://www.lifelongfitnessalliance.org/step-it-up/Fiber%20Content.pdf>.

### \*Answers for High Five for Fiber:

Strawberries, celery, whole wheat bread, apple, popcorn, baked potato, corn, oat cereal, broccoli, pretzels, and nuts.



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## Acknowledgments/Adapted From

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