



wild dog

**Wild Dog Books
Teachers' Notes**

From Farm to Table:
Grains

Synopsis

Grains are amazing foodstuffs. They are one of the main food groups and occupy a major position in the healthy eating pyramid. Grains can be eaten in many ways, in both whole grain and refined grain options, and are consumed by billions of people every day. More importantly, grains are vital to a healthy diet. But how do they get from the ground to our plates? Farmers grow grains in big and small quantities. The grain crops are planted, watered, cared for and harvested before being processed and prepared for sale to customers in a wide variety of ways. Grains go through many stages before they are eaten – learn all about this and more in *From Farm to Table: Grains*.

Writing style

From Farm to Table: Grains has been designed with the needs of both early and more advanced readers in mind. Simple and succinct language is used throughout the book, and the font size is relatively small to allow the images to engage reluctant readers. Font size is smaller again when used in conjunction with inset images, to indicate information that is secondary to the primary text/image. There is also a brief glossary in the back of the book, which will aid young readers in developing the tools of research and analysis.

Photographic style

The *From Farm to Table* series uses photographs that bring the viewer close to the subject that is being discussed. They are evocative images that clearly and richly convey the world of grain production. Inset photographs are used on occasion to further illustrate topics of interest. These photographs also have the advantage that the image is static, giving the reader the opportunity to explore the image and look at the subject matter and its features in detail. The photographs are strongly composed and clearly printed with bright strong colours to increase the appeal to visual readers. Readers can also explore how photographs are used to convey messages.

Study notes

Themes:

- Descriptive words
- Grains
- Agriculture
- Cereal crops
- Different parts of grain plants
- Food production
- Human, animal and industrial uses of grain
- Whole grain versus refined grain / Fresh versus processed
- The importance of grains and dough
- Lifecycle and transformation

Curriculum link: Literacy

Before reading *From Farm to Table: Grains*:

- Brainstorm what students know about grains i.e. what are they, where they come from, how they are grown, etc.
- What is their first response when they look at the cover of the book?
- Ask the students what they think are examples of grains.
- Brainstorm the types of grains they commonly eat and how they eat them.

While reading *From Farm to Table: Grains*:

- Ask the students to take turns reading a paragraph aloud to the rest of the class. Where appropriate, ask the students what they think certain words may mean.

After reading *From Farm to Table: Grains*:

- Ask the students to reflect on the words they would use to describe grains and the words that have been used in the book. Ask them to draw up a list of words that can be used to describe grains.

Curriculum Theme: Critical and Creative Thinking

After reading *From Farm to Table: Grains* ask the students the following questions:

- What are grains?
- Are all grains the same?
- What are examples of cereal grains, and examples of pseudocereal grains?
- What are the key physical features of grain plants, and the grains themselves?
- What are the main reasons for growing grains?
- How are grains grown?
- Are all grains grown in the same way? (i.e. rice versus most other grain crops)
- Are all grains grown at the same time of year?
- What are the different stages of grain production?
- How do farmers help their grains grow?
- What happens to grains after they are harvested?
- How are grains commonly processed?
- How do consumers get grains?
- Are grains commonly eaten for breakfast, lunch or dinner?

Curriculum link: ICT Capability

After reading *From Farm to Table: Grains*:

- Organise the class into small groups. Assign each group a type of grain from the following website list <http://www.cropsreview.com/cereal-crops.html>. Ask students to research online and answer the following questions: Is it a cereal or pseudocereal? Where is it grown? When is it planted? When is it harvested? Is it popular in certain countries? Which countries produce the most? Which countries consume the most? What are some examples of foods this grain is used in?
- Ask the children to look for and print images relating to their grain. Specifically, look for pictures that show the physical characteristics of the grain in detail i.e. as

a seed, as a grass, its stages of growth, what the harvested grain looks like, dishes/foods it is used in etc.

- Ask each group to create a poster collage. Ask them to attach the images they found and to write a short sentence detailing the connection to their grain. All members of the group then take turns presenting their findings to the rest of the class.

Curriculum Theme: Personal and Social Capability

After reading *From Farm to Table: Grains*:

- Organise the class into three groups. In one group, ask the students to work as a team to construct a word finder puzzle. Ask each student to suggest an appropriate word about grains using words they have learned from the book (e.g. bran, cereal, irrigation etc.). Once completed, print copies for the other groups to complete.
- In the second group, students should work as a team to create a trivia bingo game. Ask each student to suggest a fact they found surprising or interesting. Combine these facts into a game for the whole class.
- In the third group, ask the students to select up to 10 cereals from the following website list <https://www.choice.com.au/food-and-drink/bread-cereal-and-grains/cereal-and-muesli/articles/breakfast-cereal-review>. (Make sure they chose cereals with a wide range of 'Health star ratings'.) The group should then print out pictures of their chosen cereals packets, so that they can create a game in which the rest of the class tries to arrange the cereals in order from most healthy to least healthy.

Find out more

- <https://healthy-kids.com.au/food-nutrition/5-food-groups/breads-cereals/>
- <http://easyscienceforkids.com/what-is-healthy-food-for-your-body/>
- <http://www.nutritionaustralia.org/national/resource/healthy-living-pyramid>
- <http://www.nutritionaustralia.org/national/resource/kids-brainy-breakfast-ideas>
- <https://www.betterhealth.vic.gov.au/health/healthyliving/cereals-and-wholegrain-foods>
- <https://healthy-kids.com.au/top-10-healthy-breakfast-cereals/>

Marketing and promotion

From Farm to Table: Grains is the second in a new series looking at the food items we use every day, and the various stages they go through from production to consumption. Past titles include *Veggies*, while future titles *Fruit*, *Meat*, *Dairy* and *Spices* are planned.