

White or Whole Wheat Bread Which Is Better for You?

OVERVIEW: Cake, cookies, bread, rolls, pasta, pizza – all of these kids' favorites are usually made from white flour. But is white flour the healthiest choice? In this lesson, students will learn that whole wheat flour offers far more nutrition than white flour.



GRADES: 3-5

OBJECTIVES:

- Describe the parts of the wheat seed
- Explain the difference between white and whole wheat flour
- Compare the nutritional benefits of white and whole wheat flour

MATERIALS:

one slice each of white and whole wheat bread OR a picture of white and whole wheat bread

The NJAITC powerpoint presentation *Which is Better For You: White Bread or Whole Wheat Bread?* available to download on our website

<https://newjersey.agclassroom.org> under NJAITC Lessons, NJ Ag in a Box, Wheat.

Note: There is a picture of the two types of bread on the second slide of the powerpoint

Which is Better For You: White Bread or Whole Wheat Bread? Vocabulary sheet for each student

VOCABULARY

Bran – the hard outer covering of the wheat seed

Germ – The baby plant – or *embryo*- inside the wheat seed

Endosperm – the food supply for the *embryo* to use until it can grow leaves and make food on its own through photosynthesis

Shelf life: how long food can sit on a store or pantry shelf before it goes bad

White flour: flour that only contains the wheat seed's endosperm

Whole wheat flour: contains all three parts of the wheat seed

Carbohydrate: a nutrient that is the body's main source of energy

Fiber: a type of carbohydrate that slows down your digestion, giving you energy for a longer time. It also pushes food and waste smoothly through your stomach, and is food for the good bacteria living in your stomach.

Protein: a nutrient that acts like the body's main building blocks. It builds strong bones and muscles and helps repair injuries.

Iron: a nutrient that carries oxygen through the blood, builds energy for muscles, supports brain development, and fights infections.

PROCEDURE:

Ask students what type of sandwiches they like to eat. Then ask, do they eat the sandwiches with white bread or whole wheat bread? Ask for a show of hands for each. Then ask students if they know what the difference is between these two types of bread.

Give a vocabulary sheet to each student. Tell them they are going to watch a slideshow that explains the difference between white flour and whole wheat flour. Ask them to take notes and define the words on the sheet as they watch. Give students extra time between slides that contain vocabulary words.

EVALUATION:

Completed *White or Whole Wheat Bread: Which Is Better for You?* Vocabulary sheet
Students write a paragraph explaining which bread gives you more nutrients: white or whole wheat?

EXTENSIONS

Students check the flour in their home pantries to see what kind it is: white, enriched, whole wheat, or another type such as soy, potato or oat. Students check for the nutrient contents and share the next day with the class.

NEW JERSEY LEARNING STANDARDS

Health: 3-4: 2.1.2.B.1,2 5: 2.1.4.B.1,2

Name_____

White or Whole Wheat Bread: Which Is Better for You?

Bran:

Germ:

Endosperm:

Shelf life:

White flour:

Whole wheat flour:

Carbohydrates:

Fiber:

Protein:

Iron:

What do you think about the fact that most flour sold in the United States is white flour?

Name _____

White or Whole Wheat Bread: Which Is Better for You?

Answer sheet

Bran: the hard outer covering of the seed

Germ: the baby plant – or *embryo* - inside the wheat seed.

Endosperm: the food supply for the embryo to use until it grows leaves

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What do you think about the fact that most flour sold in the United States is white flour?