

Oats are a Grain!

1. Identify Learning Goal
2. Picture Dictionary Strategy
3. Song
4. Big Book

TS GOLD Objective 9: Uses an expanding expressive vocabulary.

Related Objectives: 8, 11, 13, 14, 15, 16, 17, 18, 20, 37, 38

Materials: Pre-made lightly penciled drawing of oat plant; 1 black, 1 red and 1 blue marker; real whole oats and rolled oats in transparent sandwich bags, picture of oat plant, **Oats, Rice, Wheat and Barley Grow** song poster, **My Friend, My Friend...My Plate** Big Book; painter's tape

1. Let children know that today "We are learning more about healthy foods to put on My Plate."
2. Introduce your picture dictionary word by saying: "Here is an important word for one kind of food that we need to eat every day." Plan what you will say about oats by researching for key ideas to share with the children. Keep in mind the children's age level and prior knowledge. For the last time they repeat the word oats, ask them to turn to their neighbor and say "Oats are a grain." Complete the visual vocabulary draw and talk and work with children to develop a signal word.
3. Use your signal word to have the children stand up and sing the **Oats, Rice, Wheat and Barley Grow** Song with you including motions. Add verses gradually so that the children can follow the song for longer and longer periods of time. Use the signal word to have them sit back down.
4. Read the **My Friend, My Friend, What Should I Choose for My Plate?** Big Book together with the children. Encourage them to join in on the repetitive phrases. Point at the pictures that correspond with the items being described in the text. Go back to the page about whole grains and show the children the oatmeal and ask if they can think what oatmeal might be made from? Help them make the connection between the oats you showed and the oatmeal. Make sure they understand that carbohydrates are the special nutrient of whole grains that gives you lots of energy. Help them clap out the syllables in the long word car-bo-hy-drates.

(Consider moving straight to your small group activity of making "Overnight Oatmeal.")