



Lesson # 5

What is Fiber?

Time Table

Total Time: 30 minutes

- 2** Minutes: Introduction to lesson
- 15** Minutes: *Fiber Time* PowerPoint Presentation
- 5** Minutes: Sponge demonstration
- 5** Minutes: Activity: *Fiber Filled Grains!*
- 3** Minutes: Explain the Take Home- *Fiber for Parents*

Goal: Introduce young children to the importance of fiber-rich foods in their daily lives to maintain a balanced and healthy diet.

Objectives:

Students will:

1. Learn the important role fiber plays in the diet.
2. Learn the difference between insoluble and soluble fibers.
3. Understand that the Choose My Plate must be followed in order to reach the fiber goal each day.
4. Be able to list foods that are high in fiber.

Materials:

- PowerPoint: *Fiber Time* PowerPoint Presentation
- Demonstration:
 - a. Medium sponge piece
 - b. Bowl or cup
 - c. Water
- Activity: *Fiber Filled Grains!*
 - a. Pencils or crayons
 - b. Instructor's answer key
- Take Home: *Fiber for Parents*

Instructions:

1. Begin the lesson with a quick review of the previous lesson on carbohydrates and ask the students to give some examples of good carbs.
2. Tell students that this week's lesson focuses on how to eat fiber rich foods and being able to determine which foods are high in fiber.
3. Ask the students if they know what fiber is or if they have ever heard of it.
 - Explain that **fiber** is found in many types of foods such as fruits, vegetables, grains, beans and oats. Fiber is a special type of carbohydrate that passes through the digestive system (stomach and intestines) almost unchanged and unbroken. Fiber swells up in the body, absorbs water and passes through the body unbroken.

Demonstration:

This demonstration will illustrate the fiber phenomenon. Gather a sponge piece and a bowl or cup of water. Explain that the sponge is similar to fiber. When fiber enters the mouth and goes into the stomach it becomes bigger because it absorbs water as it passes. Put the sponge into a bowl or glass of water and show how it expands and becomes bigger. As the fiber gets bigger and jelly-like, it helps push other small food particles that you eat through the body. These pieces of food will pass through the body and come out in your bowel/stool.

Why do we need Fiber?

- It makes you feel full.
- It fights against certain cancers, heart disease and other illnesses.
- It prevents constipation and helps decrease diarrhea.
- It increases bulk of your bowel/stool.
- It slows down the rate of food going through the body.
- It increases the water amount in your bowel/stool

Explain that there are two types of fiber: insoluble and soluble. Each type of fiber has specific functions that they perform in the body and you can get both of these fibers from food. Some rich sources of fiber are listed below. You may write these on the blackboard or just state them.

Fiber Rich Foods	
❖	Wheat bran
❖	Whole cereal grains
❖	Vegetables
❖	Leafy vegetables (like spinach)
❖	Citrus fruit
❖	Apples
❖	Beans and peas
❖	Oats (oatmeal)
❖	Seeds and nuts

Student's Goal:

Eat more fiber rich foods this week! Try going shopping with your parents and help them pick whole grains, fruits, and vegetables that are rich in fiber.

Activity: *Fiber Filled Grains!*

- Read the background section of the worksheet to the students. Explain the instructions on the worksheet and let them complete the activity.
- Have students label the three parts of a whole grain kernel. Color the three parts of the grain in its appropriate colors. Students may use the word bank and the description provided to help them complete the activity.
- After the students have completed the activity, share the answers with them. The instructor's answer key is provided on the website.
- Collect the student's activity sheets and put them into each student's personal *Fit4kidz* binders or folders.

Take Home: *Fiber for Parents*

- Print *Fiber for Parents* handout for each student to take to their parents. This activity will be sent home with the students for the parents to read.