



## **Activity Station: Cereal Slayer**

### **Activity Description**

Students will:

- Learn how to recognize sources of whole grains.
- Learn how to read the Nutrition Facts table to find out how much fibre and sugar are in cereals.

### **Key Messages**

- Whole grains contain nutrients like dietary fibre, vitamins, minerals, antioxidants, and phytochemicals (plant compounds) that work together to promote good health.
- When buying grain products, choose whole grains. Look for 100% whole grain on food labels or the word "whole" in front of the type of grain on the ingredient list.
- Choose grain products that are higher in fibre and lower in sugar.

### **Materials**

- Station Title (print x 1)
- Station Instructions (print x 1)
- Worksheet: Cereal Slayer (print x 1 per student)
- Handout: [Choose Whole Grains](#) (Nutrition Bites version) (print x 5)
- Handout: [Label Reading The Healthy Way](#) (print x 5)
- Printed Appendix: Cereal labels (print x 1)

### **Set-Up**

- Place station title, instructions, worksheets, handouts, and appendix: cereal labels at station.

### **Answer Key for the Activity**

For the purpose of this activity, cereals were categorized based on these criteria:

- 100% Whole grain(s) as the first ingredient
- Less than 8 grams of sugar per serving
- More than 2 grams of fibre per serving

Note: When making decisions about food it's important to think of the food as a whole (amount of processing, other ingredients, etc.) and not just a single nutrient. For this activity the focus is on whole grains and sugar; however, other factors may need to be considered when choosing the best cereals (or food) for an individual (for example allergies and intolerances, cultural food restrictions, health conditions, other foods eaten in the day, etc.).

## Station 4: Cereal Slayer - Answer Key

Listed are mock cereal names. Health Canada is improving food labels. The labels in this module reflect common products in the marketplace as of August 2019.

Cereal Name	Whole grain is the first ingredient? ✓ If yes	Total fibre per serving (g)	2 grams or more of fibre? ✓ If yes	Total sugar per serving (g)	Less than 8 grams of sugar? ✓ If yes	What would you choose? Most often = 3 checkmarks Sometimes = 2 checkmarks Least Often = 1 or no checkmarks
Bran Flakes	✓	5	✓	5	✓	Most often
Bran Pops		11	✓	7	✓	Sometimes
Corn Bran Stamps		5	✓	5	✓	Sometimes
Corn Puff Crunch		3	✓	12		Least often
Fruity RainBO's		2	✓	12		Least often
Lucky Grains Porridge	✓	3	✓	0	✓	Most often
Mini-Gold Wheat Bites	✓	6	✓	11		Sometimes
Multi-Grain Hot Cereal	✓	5	✓	0	✓	Most often
Quick Oats	✓	3	✓	0	✓	Most often
Raisin Bran	✓	6	✓	15		Sometimes
Rice Crisps		0		3	✓	Least Often
Toasted Oats	✓	3	✓	1	✓	Most often
Wheat Bites	✓	6	✓	2	✓	Most often

Note - These are examples only and the information will change as products are reformulated.

## Appendix for Activity Station: Cereal Slayer Sample Cereal labels

*Listed are mock names based on common breakfast cereals.*

*Health Canada is improving food labels. The labels in this module reflect products in the marketplace as of August 2019.*

13 Labels Provided:

- Bran Flakes
- Bran Pops
- Corn Bran Stamps
- Corn Puff Crunch
- Fruity RainbO's
- Lucky Grains Porridge
- Mini-Gold Wheat Bites
- Multigrain Hot Cereal
- Quick Oats Oatmeal
- Raisin Bran
- Rice Crisps
- Toasted Oats
- Wheat Bites

# Bran Flakes

Nutrition Facts			
Per 1 cup (34 g)			
Amount		% Daily Value	
Calories 120			
Fat 1 g		2 %	
Saturated 0 g		0 %	
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 210 mg		9 %	
Carbohydrate 28 g		9 %	
Fibre 5 g		20 %	
Sugars 5 g			
Protein 4 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	30 %



## INGREDIENTS

WHOLE GRAIN WHEAT, WHEAT BRAN, SUGAR, CORN AND BARLEY MALT EXTRACT, SALT.

CONTAINS WHEAT AND BARLEY INGREDIENTS.

# Bran Pops

Nutrition Facts			
Per 1/3 cup (28 g)			
Amount		% Daily Value	
Calories 70			
Fat 1 g		2 %	
Saturated 0 g + Trans 0 g		0 %	
Cholesterol 0 mg			
Sodium 170 mg		7 %	
Carbohydrate 22 g		7 %	
Fibre 11 g		44 %	
Sugars 7 g			
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	25 %



## INGREDIENTS

WHEAT BRAN, SUGAR, PSYLLIUM SEED HUSK, SALT, BAKING SODA, COLOUR, BHT.

CONTAINS WHEAT INGREDIENTS.

# Corn Bran Stamps

Nutrition Facts			
Per 1 cup (30 g)			
Amount		% Daily Value	
Calories 120			
Fat 1.5 g		2 %	
Saturated 0.5 g + Trans 0 g		3 %	
Cholesterol 0 mg			
Sodium 250 mg		10 %	
Carbohydrate 25 g		8 %	
Fibre 5 g		20 %	
Sugars 5 g			
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	30 %



## INGREDIENTS

CORN FLOUR, CORN BRAN FLOUR, SUGAR, WHOLE GRAIN OATS, COCONUT OIL, SALT, SODIUM BICARBONATE, COLOUR.

CONTAINS OAT INGREDIENTS. MAY CONTAIN WHEAT.

# Corn Puff Crunch

Nutrition Facts			
Per 1 cup (32 g)			
Amount	% Daily Value		
<b>Calories</b> 120			
<b>Fat</b> 0 g	<b>0</b> %		
Saturated 0 g	<b>0</b> %		
+ Trans 0 g			
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 180 mg	<b>8</b> %		
<b>Carbohydrate</b> 29 g	<b>10</b> %		
Fibre 3 g	<b>12</b> %		
Sugars 12 g			
Protein 1 g			
Vitamin A	2 %	Vitamin C	0 %
Calcium	0 %	Iron	30 %



## INGREDIENTS

CORN MEAL, SUGAR, CORN BRAN, CORN SYRUP, SALT, FANCY MOLASSES, WHOLE GRAIN OAT FLOUR, BAKING SODA, COLOUR, BHT.

CONTAINS OAT INGREDIENTS. MAY CONTAIN SOY.

# Fruity RainbO's

Nutrition Facts			
Per 3/4 cup (27 g)			
Amount		% Daily Value	
Calories 110			
Fat 1 g		2 %	
Saturated 0.5 g + Trans 0 g		3 %	
Cholesterol 0 mg			
Sodium 105 mg		4 %	
Carbohydrate 24 g		8 %	
Fibre 2 g		8 %	
Sugars 12 g			
Protein 1 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	25 %



## INGREDIENTS

SUGAR, WHOLE GRAIN CORN FLOUR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT HULL FIBRE, CORN BRAN, HYDROGENATED COCONUT AND VEGETABLE OIL, SALT, COLOUR, NATURAL FRUIT FLAVOURING, BHT.

CONTAINS WHEAT AND OAT INGREDIENTS. MAY CONTAIN SOY.



# Lucky Grains Porridge

Nutrition Facts	
Per 1/4 cup dry (41 g)	
Amount	% Daily Value
<b>Calories</b> 140	
<b>Fat</b> 2.5 g	<b>4</b> %
Saturated 0 g + Trans 0 g	<b>0</b> %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	<b>0</b> %
<b>Carbohydrate</b> 29 g	<b>10</b> %
Fibre 3 g	<b>12</b> %
Sugars 1 g	
Protein 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %



## INGREDIENTS

OATS, BROWN RICE, CORN, SOYBEANS, MILLET, SORGHUM, OAT BRAN, SUNFLOWER SEEDS AND FLAXSEED.

MANUFACTURED IN A FACILITY THAT USES TREE NUTS, SOY, WHEAT, AND MILK.

# Mini-Gold Wheat Bites

Nutrition Facts			
Per 20 biscuits (54 g)			
Amount	% Daily Value		
<b>Calories</b> 190			
<b>Fat</b> 1 g	<b>2 %</b>		
Saturated 0.2 g + Trans 0 g	<b>1 %</b>		
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 5 mg	<b>0 %</b>		
<b>Carbohydrate</b> 46 g	<b>15 %</b>		
Fibre 6 g	<b>24 %</b>		
Sugars 11 g			
Protein 5 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	50 %



## INGREDIENTS

WHOLE GRAIN WHEAT, SUGAR, GLYCERIN, BLACKSTRAP MOLASSES, GELATIN, COLOUR, BHT.

CONTAINS WHEAT INGREDIENTS.

# Multigrain Hot Cereal

Nutrition Facts			
Per 1 cup dry (40 g)			
Amount	% Daily Value		
<b>Calories</b> 140			
<b>Fat</b> 2.5 g	<b>4</b> %		
Saturated 0.2 g + Trans 0 g	<b>1</b> %		
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 2 mg	<b>0</b> %		
<b>Carbohydrate</b> 27 g	<b>9</b> %		
Fibre 5 g	<b>20</b> %		
Sugars 0 g			
Protein 5 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	10 %



## INGREDIENTS

STEEL CUT WHOLE WHEAT, STEEL CUT WHOLE RYE, CRACKED AND WHOLE FLAX.

MAY CONTAIN BARLEY, MUSTARD, OAT, SESAME SEED, SOYBEAN, AND TRITICALE INGREDIENTS.

# Quick Oats

Nutrition Facts			
Per 1/3 cup (30 g)			
Amount	% Daily Value		
<b>Calories</b> 120			
<b>Fat</b> 2 g		<b>3</b> %	
Saturated 0.4 g + Trans 0 g		<b>2</b> %	
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 0 mg		<b>0</b> %	
<b>Carbohydrate</b> 20 g		<b>7</b> %	
Fibre 3 g		<b>12</b> %	
Sugars 0 g			
Protein 4 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %



## INGREDIENTS

100% ROLLED OATS, NATURALLY CONTAINS OAT BRAN.

CONTAINS OAT INGREDIENTS. MAY CONTAIN WHEAT.

# Raisin Bran

Nutrition Facts			
Per 1 cup (55 g)			
Amount	% Daily Value		
<b>Calories</b> 180			
<b>Fat</b> 1 g	<b>2</b> %		
Saturated 0.2 g + Trans 0 g	<b>1</b> %		
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 240 mg	<b>10</b> %		
<b>Carbohydrate</b> 44 g	<b>15</b> %		
Fibre 6 g	<b>24</b> %		
Sugars 15 g			
Protein 4 g			
Vitamin A 0 %	Vitamin C	0 %	
Calcium 2 %	Iron	50 %	



## INGREDIENTS

WHOLE GRAIN WHEAT, RAISINS (RAISINS, SUGAR, MODIFIED PALM OIL), WHEAT BRAN, SUGAR, CORN AND BARLEY MALT EXTRACT, SALT.

CONTAINS WHEAT AND BARLEY INGREDIENTS.

# Rice Crisps

Nutrition Facts			
Per 1 cup (28 g)			
Amount	% Daily Value		
<b>Calories</b> 110			
<b>Fat</b> 0 g	<b>0</b> %		
Saturated 0 g	<b>0</b> %		
+ Trans 0 g			
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 190 mg	<b>8</b> %		
<b>Carbohydrate</b> 25 g	<b>8</b> %		
Fibre 0 g	<b>0</b> %		
Sugars 3 g			
<b>Protein</b> 2 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 0 %	Iron 25 %		



## INGREDIENTS

RICE, SUGAR, SALT, MALT (CORN AND BARLEY MALT EXTRACT), BHT.

CONTAINS BARLEY INGREDIENTS.

# Toasted Oats

Nutrition Facts			
Per 1 cup (27 g)			
Amount		% Daily Value	
Calories 100			
Fat 2 g		3 %	
Saturated 0.4 g + Trans 0 g		2 %	
Cholesterol 0 mg			
Sodium 170 mg		7 %	
Carbohydrate 20 g		7 %	
Fibre 3 g		12 %	
Sugars 1 g			
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	30 %



## INGREDIENTS

WHOLE GRAIN GLUTEN-FREE OATS, CORN STARCH, SUGAR, SALT, TRISODIUM PHOSPHATE, CALCIUM CARBONATE, MONOGLYCERIDES, TOCOPHEROLS.

# Wheat Bites

Nutrition Facts			
Per 1 cup (49 g)			
Amount		% Daily Value	
Calories 190			
Fat 1 g		2 %	
Saturated 0 g + Trans 0 g		0 %	
Cholesterol 0 mg			
Sodium 5 mg		0 %	
Carbohydrate 38 g		13 %	
Fibre 6 g		24 %	
Sugars 2 g			
Protein 6 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	6 %



## INGREDIENTS

ORGANIC WHOLE GRAIN WHEAT, NATURAL VITAMIN E.

CONTAINS WHEAT.



# Activity Station:

## Cereal Slayer

# Activity Station:

## Cereal Slayer

### Instructions:

- Check the ingredient lists on cereal boxes to find those that are made with whole grains.
- Next look at the Nutrition Facts table.
  - Look for the total grams of fibre per serving for each cereal.
  - Look for the total grams of sugar per serving for each cereal.
- Record this information on the worksheet.
- Consider what makes a 'healthier' choice.

***Hint:*** Look at the '***Choose Whole Grains***' and '***Label Reading the Healthy Way***' handouts to help you complete the worksheet.

## Cereal Slayer – Worksheet

Cereal Name	Whole grain is the first ingredient? ✓ If yes	Total Fibre per serving (g)	2 grams or more of fibre? ✓ If yes	Total Sugar per serving (g)	Less than 8 grams of sugar? ✓ If yes	What would you choose? Most often = 3 checkmarks Sometimes = 2 checkmarks Least Often = 0-1 checkmark
Bran Flakes						
Bran Pops						
Corn Bran Stamps						
Corn Puff Crunch						
Fruity RainbO's						
Lucky Grains Porridge						
Mini-Gold Wheat Bites						
Multi-Grain Hot Cereal						
Quick Oats						
Raisin Bran						
Rice Crisps						
Toasted Oats						
Wheat Bites						