

MAKING BREAKFAST CAMPSIDE

TYPE OF ACTIVITY: Outdoor

KEY CONCEPT: Eat breakfast

OBJECTIVES:

- > Children will act out camping and cooking breakfast on a campfire.
- > Children will explain that breakfast gives you energy.
- > Children will practice language skills as they plan and cook a pretend breakfast in the camping area.

MATERIALS:

- > Tent
- > Sleeping bags
- > Cooler
- > Plastic food models (e.g., bread, eggs, bacon, fruit, pancakes, etc.)
- > Pots, pans, and cooking utensils
- > Plastic plates and tableware
- > Logs to make pretend fire
- > Other camping equipment, if desired

PROCEDURE:

- Introduce the activity by showing the children the camping equipment and the food models. Talk about what people do when they go camping. Demonstrate cooking food on a pretend campfire. Suggested language:
 - a. Have you ever cooked breakfast outside on a fire?
 - b. We have lots of tasty breakfast foods that you can make on your camping trip.
- **2.** Encourage the children to work together to make breakfast over the campfire. Suggest roles (e.g., fire starter, cooks, eaters, etc.). Suggested language:
 - a. Sleeping outside makes me hungry. Would you cook me some breakfast over the fire?
 - b. What are you cooking for breakfast? It smells delicious!
 - c. Does anyone have a protein food? I really want some protein with my breakfast.
 - d. I love the breakfast that you cooked for us this morning. It will help us have more energy to go hiking on our camping trip.

Day 8: Eat Breakfast

For more activities, visit **eathealthybeactive.net**

Developed by Diane W. Bales, Ph.D., Mick Coleman, Ph.D., and Charlotte Wallinga, Ph.D. The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability. The University of Georgia is committed to principles of equal opportunity and affirmative action. These materials available at <u>http://eathealthybeactive.net/</u>











3. Leave the campsite set up for a few days so everyone gets a turn to go camping and cook breakfast.

ADAPTATIONS/EXTENSIONS:

Language: At large group time, encourage children to talk about their camping dramatic play, and list some of the foods that they made for breakfast. Make a list of some of their favorite meals on a chart, and hang it at their level along with photos of them camping and cooking.

Family involvement: Take photos of the children doing this activity, and send them home with each child. Encourage families to talk about the photos and the importance of breakfast.



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