



BREAKFAST CONTAINER 3D ART

TYPE OF ACTIVITY: Art

KEY CONCEPT: Eat breakfast



OBJECTIVES:

- › Children will practice fine motor skills by manipulating art materials.
- › Children will identify breakfast food packages.
- › Children will demonstrate creativity by creating art using empty breakfast food packages.

MATERIALS:

- › Empty breakfast food packages (e.g., cereal boxes, yogurt containers, egg cartons, cheese packages, milk cartons, breakfast bar boxes, etc.)
- › Collage materials to decorate creations (e.g., pompoms, rhinestones, cotton balls, wiggly eyes, etc.)
- › Glue
- › Masking tape
- › Markers and crayons



PROCEDURE:

1. Asking children to list foods they eat for breakfast. Help them identify breakfast as the first meal you eat each day. Suggested language:
 - a. *Can anyone name the first meal of the day? That's right, it's breakfast.*
 - b. *What did you eat for breakfast today?*
2. Discuss with the children why breakfast is important. Explain that it gives them energy. When they don't eat breakfast, they may feel tired. Ask them how their stomachs feel in the morning. Suggested language:
 - a. *Breakfast is important because it gives you energy for the day.*
 - b. *What does your stomach feel like when you first wake up? I know mine feels hungry.*
3. Introduce the breakfast collage activity. Demonstrate gluing or taping breakfast food packages together to make a three-dimensional structure.
4. As children choose their materials, ask them to identify some of the breakfast food containers.

Day 8: Eat Breakfast

For more activities, visit eathealthybeactive.net

Ask them if they have ever eaten that food for breakfast or if they'd like to try that food.

5. Encourage the children to be creative as they assemble packages to create art. Assist them in decorating their art creations if they need help gluing or taping their materials.

ADAPTATIONS/EXTENSIONS:

Family involvement: Send collages home and encourage parents to talk to their children about their breakfast art. Share information with families about the importance of eating breakfast.

Literacy: Read a book about breakfast, such as *Two Eggs, Please* by Sarah Weeks and Betsy Lewin.



Day 8: Eat Breakfast

For more activities, visit eathealthybeactive.net