

CEREAL GRAPH

TYPE OF ACTIVITY: Math

KEY CONCEPT: Eat a variety of foods

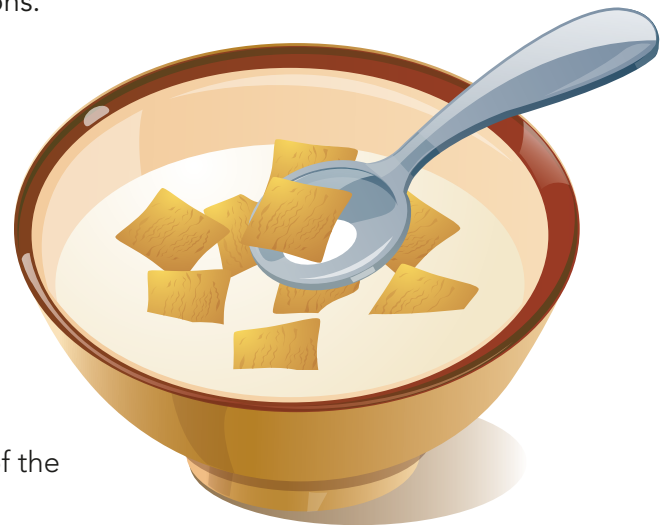


OBJECTIVES:

- › Children will identify cereal as grains.
- › Children will choose a favorite cereal from options.

MATERIALS:

- › Paper and markers
- › Several different low-sugar cereals
- › Cups or bowls
- › MyPlate poster



PROCEDURE:

1. Set-up: Make a chart on a large sheet of paper. Write the names of the cereals across the top of the chart (see sample on next page).
2. Talk to the children about different foods in the grain group. Explain that cereal is a grain. Have the children name their favorite cereals. Suggested phrases:
 - a. *Do you know which is the grain group on MyPlate? What color is it? (Orange)*
 - b. *Cereal is a grain. What is your favorite cereal?*
3. Introduce the cereals you have brought for the class to try. Encourage the children to try the three different cereals one by one, but do not require them to eat the samples. After sampling, have them state their favorite one.
4. Help each child write his/her name or initials on the chart below their choice. After everyone has chosen their favorite cereal, help children count which cereals were the most/least preferred.

ADAPTATIONS/EXTENSIONS:

Grocery Store Dramatic Play: Add cereal boxes to the home living area for children to pretend to buy and eat.

Art: Encourage children to make art using empty cereal boxes.

CEREAL GRAPH SAMPLE

Write each child's name on the chart below their choice. After everyone has chosen their favorite cereal, count which cereals were the most/least preferred.

CEREAL 1	CEREAL 2	CEREAL 3