



HEALTHY BEAR SAYS "EAT BREAKFAST"

TYPE OF ACTIVITY: Large group

KEY CONCEPT: Eat breakfast



OBJECTIVES:

- › Children will identify breakfast as the first meal they eat each day.
- › Children will state that eating something in the morning gives them energy.
- › Children will list a variety of possible breakfast foods.
- › Children will begin to recognize the word "breakfast" and identify its beginning letter ("b").

MATERIALS:

- › Healthy Bear puppet
- › Chart paper with the word "breakfast"
- › Markers
- › Breakfast food models or photos



PROCEDURE:

1. Explain to the children that a special visitor is coming. Explain that the special guest might be a little sleepy, so everyone needs to sit as quietly as they can.
2. Have Healthy Bear come to visit, and explain that he is hungry. Suggested language:
 - a. *This is our special friend, Healthy Bear. Healthy Bear just woke up, and his stomach is feeling really empty.*
 - b. *Healthy Bear: I'm so hungry! Are you hungry when you wake up in the morning? What does your stomach feel like when you first wake up?*
 - c. *Healthy Bear: What can I do to make myself feel less hungry? I'm afraid if I don't eat, then I will be tired and won't have any energy.*
3. Ask children if they know what breakfast is. Point to the word "breakfast" and invite the children to read it with you. Explain that breakfast begins with the letter "b" and is the first food you eat each day, so you have energy to do many things.
4. Help children make a list of what they like to eat for breakfast. Write the foods the children name on the chart paper. Be sure to add less traditional breakfast foods (e.g., a turkey sandwich) if children do not mention them. If children eat breakfast at school, help them list what they ate for breakfast that morning.
5. Remind children that Healthy Bear is still hungry. Have children tell him, "Healthy Bear, eat

Day 8: Eat Breakfast

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your breakfast!" Show children the breakfast food models or photos. Have children take turns choosing foods and offering them to Healthy Bear. Have Healthy Bear eat several foods, and then say that his stomach is full. Congratulate children on helping Healthy Bear get a good start to the day by eating his breakfast.

ADAPTATIONS/EXTENSIONS:

Nutrition: Invite children to try different foods for breakfast by setting up a tasting table of traditional and less traditional breakfast foods.

Transition: Ask children to name their favorite breakfast food before moving to the next activity.

Dramatic play: Set up a breakfast room in the dramatic play area. Include pretend breakfast foods such as eggs, pancakes, toast, juice, and fruit. Costume ideas could include pajamas, bathrobes, and slippers. Encourage children to pretend to wake up, go to the kitchen, and prepare a healthy breakfast to start the day.



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