



## 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:

1. 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](http://eathealthybeactive.net)

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.



#### Day 8: Eat Breakfast

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