



OATMEAL MAKES A TASTY BREAKFAST

TYPE OF ACTIVITY: Science

KEY CONCEPT: Eat breakfast



OBJECTIVES:

- › Children will explain that eating breakfast gives them energy to start the day.
- › Children will identify oatmeal as a potential breakfast food.
- › Children will classify oatmeal as a grain.

MATERIALS:

- › Packets of instant oatmeal (low-sugar varieties)
- › Old-fashioned oats (not instant)
- › Bowls and spoons
- › Hot water
- › MyPlate poster
- › Small pieces of fruit or chopped nuts (optional)



PROCEDURE:

1. Ask the children to name the first meal of the day. Explain that breakfast is important because it gives them energy. Using the MyPlate poster, help the children identify which group oatmeal belongs to. Suggested language:
 - a. *Can you tell me which food group you think oatmeal is in? That's right; it's a grain.*
 - b. *Have you ever tried oatmeal? What does it taste like? Do you like it hot or cold? Do you like to mix things in with it?*
2. Show the children a packet of instant oatmeal. Have one child open the packet and pour it into a bowl. Have another child pour old-fashioned oats into another bowl. Explain that both of these are kinds of oatmeal. Help children compare and contrast the two types of oatmeal, and predict what will happen when water is added. Suggested language:
 - a. *These are two different kinds oatmeal, so they are both part of the grains group. How are they alike? How are they different?*
 - b. *Do they feel the same or different? What do you think they will taste like?*
 - c. *What do you think will happen when you pour water on the oats?*
3. Explain to children that they are going to make instant oatmeal today. Give children packets of instant oatmeal, and encourage them to pour them into individual bowls. As the adult

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pours hot water into their oatmeal encourage children to stir it with a spoon. Discuss how the oatmeal changes when water is added. Ask children how the cooked oatmeal is different from the dry oatmeal. Encourage children to try the oatmeal. Suggested language:

- a. *This kind of oatmeal is called instant oatmeal. It doesn't have to be cooked on the stove. All you do is add hot water and mix it up.*
 - b. *What happens when you mix it? How is it changing?*
4. Optional: Allow children to add fruit or nuts to their oatmeal and describe the taste. Remind them that fruit and nuts are from different food groups. Suggested language:
- a. *Adding fruit is also a good way to eat food from a different food group. Which color on MyPlate is the fruit group?*
 - b. *What does the oatmeal taste like with the fruit in it?*

ADAPTATIONS/EXTENSIONS:

Family involvement: Encourage families to try different types of oatmeal at home, and add various healthy toppings to the oatmeal. (e.g., fruit, cinnamon, nuts).

Cooking: Make another food with oatmeal, such as muffins. Include other food groups in the recipe if possible.



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