

START THE DAY WITH BREAKFAST

WINTER LESSON # 14

Opportunities For Learning Children will make cereal.



DAKOTA DOG'S SMART STARTS FOR RISING AND DINING:

- ◆ Be a good role model and eat breakfast with the children, even if it's a small one!
- ◆ Offer healthful choices and let children choose what and how much to eat.

DISCUSS EATING BREAKFAST



Things You'll Do • Ask children what they like to eat for breakfast and if they make their own breakfast. (Be sure to praise children for preparing and eating their breakfast no matter what they had.) Ask them what their stomachs feel like if they don't eat breakfast. • Do their stomachs talk to them? • If the stomach makes noise, is it saying that it hasn't eaten since yesterday and needs something good and healthy.

MAKE CEREAL



Things You'll Need • cereal bowls • spoons • dry measuring cup • measuring spoon • large spoon • spoons

INGREDIENTS

cold cereal of your choice
chopped nuts
sunflower seeds
wheat germ
chopped apple pieces
banana slices
raisins
milk



Things You'll Do • Have children place cereal in a bowl. • Have children add topping or topping (s) to their cereal. • Add milk. (use whole for ages 12-23 mo.)

CACFP credit: cereal made from whole grains or fortified with vitamins/minerals is creditable as a grain/bread serving.

MAKE A HEALTHY BREAKFAST



Things You'll Need • individual pictures of different breakfast foods • poster with several different ideas for breakfast menus (See "A Parent's Guide to Quick and Easy Breakfast Ideas.") • poster illustrating recipe cards for each ingredient

Things You'll Do • After children have finished eating, show them pictures of different kinds of breakfast foods. • Have them combine different foods to make a healthful breakfast.



GET MOVIN'!

Breakfast Stretches

Children pretend that they are waking up from their nighttime sleep after naps and perform various stretches. Do these stretches with the children so that they can imitate the movements and because you'll feel great when you're done! Lay on back, make your body as long as possible. While laying on back, stretch one arm higher than the other, then switch arms. Hug knees to chest. Rotate ankles- first rotate both ankles clockwise, then counter clockwise. Sit up and stretch high. Bend to touch toes. Flex and point feet. Stand up and stretch up to sky.



BOOKS TO READ

Max's Breakfast
by Rosemary Wells



SONGS TO SING

"Peas Porridge Hot"



WHAT PARENTS CAN DO

Encourage parents to provide a nutritious breakfast for their children each day. "A Parent's Guide To Quick and Easy Breakfast Ideas" has suggestions for parents.