

Cereal Scavenger Hunt

Nutrition Lesson(s) Supported:

-Break the fast

Supplies Needed:

- Cereal boxes or nutrition labels from cereals for each child
- Real or pretend magnifying/spy glasses (optional)

Length of Time to Complete:

15 minutes

Audience (grades): K-5

Background:

Cereal is the most commonly consumed breakfast food. There are hundreds of cereals to choose from--an entire aisle devoted to cereal at the grocery store! To determine which cereals are 'go' and which are 'slow', students will look at the nutrition label. Go cereals have less than 10 grams of sugar and at least 3 grams of total fiber.

Process:

Bring in cereal boxes or nutrition labels from cereal boxes (can print from cereal's website). Give kids a cool "detective trick" to determine if a cereal is a 'go' cereal or a 'slow' cereal: In order to be a 'go' cereal, you need to have less than 10 grams of sugar AND at least 3 grams of fiber.

Show them where to find sugar on the nutrition label. Eating too much sugar in the morning can cause a spike in your blood sugar, and then make you feel sleepy later in the morning.

Show students where fiber is on the food label. Fiber helps you feel full and promotes a healthy digestive system.

Give them a magnifying/spy glass so that they feel "in the role" of detective (optional).

Instruct students to look at their cereal box. Have each child share their finding: is their cereal is a go or slow cereal?

