

Activity 4



WHO'S BEEN MAKING MY PORRIDGE?



STUDY QUESTION:

Which grains are in our breakfast foods?

THE ACTIVITY:

In this activity children identify grain products they eat every day.

SUBJECT AREA:

Science

CURRICULUM CONCEPTS:

LANGUAGE ARTS

Use appropriate forms of written language: record experiences.

Communicate orally: reports.

SCIENCE

Energy: name and classify sources of energy.

AGRICULTURE CONCEPTS: Grain as a source of food: food as a source of energy.

PURPOSE

To introduce children to the concept of grain being a part of many foods we eat everyday.

To give children the opportunity to further develop their language skills (oral reports/ different forms of written language).

MATERIALS REQUIRED:

Data sheets for children. Supplied in this activity.

Empty packages or labels from grain products, e.g. cereals, flour, bread.

TIME REQUIRED:

To Start: 1 class period.

During Recording Period: 15 minutes per day for 3 days.

To Finish: 1 class period.



PROCEDURE

Part One

Introduction

Bring in some different products. Milk, cereal, bread, beer, oil, etc. (empty packages of these products). Ask children which products are made of grain. Ask them to list other things made with grain. Ask the children what they eat for breakfast?

Part Two

Recording

Ask the children to record on the data sheets what they eat for breakfast each day for a few days. Ask each of them to bring an empty box or a wrapper or label from a food item that contains grain products.

Part Three

Reading/Reporting

Classifying

Have the children read labels on the boxes and wrappers to identify grains used in each Classifying product. Compile the information on the board showing groups of related foods - e.g. processed cereals, raw cereals, breads, non-grain items such as milk or jam. Reclassify the items according to the grains used in them. Have children write a short ad for the product using the compiled information following your example.

Part Four

Conclusion

Review the study question, emphasizing the importance of grain in our daily eating.

FOR DISCUSSION

Why is grain so important in our diet?

Is grain only eaten at breakfast?

Do other living things besides people eat grain?

EVALUATION STRATEGIES Use the data sheet as a method of evaluation.

Note the ideas and information in the advertisements and have children draw a picture to go along with their ads.

Have children write a story about a day in the life of a stalk of grain.

- RELATED ACTIVITIES**
1. Have the children work in groups to prepare a collage of grain-based breakfast foods using drawings, paintings or pictures from magazines. Encourage the children to add labels to their display.
 2. Write breakfast menus.
 3. Cook hot cereals and have them for snacks in the classroom.
 4. Invite parents and make breakfast.



STUDENT RESOURCE

My Breakfast

Keep a record of what you eat for breakfast for three days.

A large empty circle intended for a student to draw or write about their breakfast for the first day.

Day: _____

A large empty circle intended for a student to draw or write about their breakfast for the second day.

Day: _____

A large empty circle intended for a student to draw or write about their breakfast for the third day.

Day: _____

Name: _____