

Lesson: Cereal Scavenger Hunt

Supplies Needed:

- 3.4_LV_Cereal-Visual
- 3.4_LW_Cereal-Detective-Worksheet
- Empty cereal boxes or just nutrition labels from cereal boxes
- Optional: measuring cups, bowl and box of cereal.

Goals:

- Students will understand the importance of eating a well- balanced breakfast.
- Students will understand sugar and fiber content in Go and Slow cereals.
- Students will be able to identify Go cereals by reading nutrition labels.

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 Slow, students will look at cereal nutrition labels. Go cereals have nine grams or less of sugar and at least three grams of total fiber.

Lesson:

Ok, let's start with warming up our bodies. Who would like to suggest a cardiovascular exercise to get our hearts pumping? (**Do two or three minutes of warm-ups.**)

Breakfast is one of the most important meals of the day! Raise your hand and tell me why it is important to eat breakfast.

(After a night of sleep of 10-11 hours, your growing body needs to be refueled. You need a good breakfast to restore your energy levels so you can tackle the day!)

Did you know that the most commonly consumed breakfast food in the United States is cereal? Is cereal a Go Food or a Slow Food?

It's a trick question, because it can be Slow or Go depending on which kind of cereal you eat. For example, there are some cereals that are made of whole grains and have very little sugar. However, there are other types of cereal that are more like dessert. They have lots of sugar in them --sometimes they even add chocolate, marshmallows, or frosting.

How do you know if a cereal is a Go cereal or a Slow cereal? Do you just look at the pictures on the front of the box? In order to find a Go cereal, you need to do a little detective work. I'm going to share two clues that will help you find a Go cereal.

(Show slide 1.) Clue #1: In order to be a Go cereal, the cereal needs to have nine grams or less of sugar. Here is how we write that as a mathematical expression:

Go Cereal \leq nine grams sugar

Why do you think it is important to limit sugar to nine grams or less?

Too much sugar can make you feel sleepy. It can give you a stomach ache, and it will probably leave you feeling hungry shortly after eating it because it is not very filling. Overtime, it may lead to increased risk of type 2 diabetes, weight gain, tooth decay and a weakened immune system.

This is where you can find sugar on the nutrition label.

Clue #2: A Go cereal must have at least three grams of fiber. Can someone show me how we write that as a mathematical expression?

Go Cereal \geq 3 grams fiber

Fiber helps you feel full and promotes a healthy digestive system. This is where you can find fiber on the nutrition label.

(Distribute Cereal Detective Worksheets. Show slides 2 through 4.) Let's look at some cereals together and see which are Go cereals and which are Slow cereals. **(Lead class through the analysis. Have them mark their Logs to indicate which is Go and Slow. Only Mighty Bites is a Go Cereal.)**

(Show slide 5.) Now, let's compare these nutrition labels from three breakfast cereals. Which ones are Go cereals? Which ones are Slow cereals? **(Let the students compare the sugar and fiber amounts from each cereal label. Did you find any Go cereals? Which cereal is a Slow cereal? Etc.)**

(Show slide 6.) Cereal B is the only Go cereal. Cereal B has seven grams of sugar and nine grams of fiber.

(For more advanced classes, show slide 7.) Can you *rank* these cereals starting with the best breakfast choice by looking at the nutrition labels? Rank the healthiest GO cereal as #1 and so on. Some cereals may not be a clear Go cereals but some are better choices than others. **(Let the students compare the sugar and fiber amounts on each label. Which cereal did you choose for #1, the best choice cereal? Etc.)**

(Show slide 8.) The #1 best choice cereal is Cereal C, the #2 best choice is Cereal A, and the #3 best choice is Cereal B. Cereal C is a Go cereal and cereal B is a Slow cereal. What about Cereal A? Is Cereal A a Go cereal or a Slow cereal?

(Although Cereal A is low in sugar, it only has one gram of fiber. This is why it is not quite a Go cereal and is only the second best choice of the three cereals.)

Now it is your turn. I'm going to pass out some cereal nutrition labels. I want you to do detective work and try to find the Slow cereals and Go cereals. Record the name of the cereal and whether it's Go or Slow.

(After a few minutes, go over the answers as a class.)

Go home and look at the cereals in your house. See if they are Go or Slow. If your favorite cereal is a Slow cereal, maybe try mixing it with a Go cereal to get more fiber and less sugar. Maybe you can even go grocery shopping with your parents and be a detective at the grocery store! Maybe there are some new Go cereals you could try!

Optional Activity: Cereal and Portion Control

(Have the students pour how much cereal they usually eat into a bowl. Use a measuring cup to compare this amount to the recommended serving size.)

Many people tend to eat more than the recommended serving size of cereal. You can use a measuring cup at home to make sure you are eating the right amount of cereal for breakfast.