

**3****January Lesson: Cereal Scavenger Hunt****Goals:**

- *Students will understand the importance of eating a well-balanced breakfast.*
- *Students will be able to identify 'go' cereals.*

**Audience:** 3rd**Optional Craft, Activity or Snack:**

- *Create A Cereal Box*

**Materials:**

- *Cereal Visual*
- *Cereal Detective Log*
- *Empty cereal boxes or just the nutrition labels from cereal boxes*

**Common Core Standards:**

- English Language Arts: Speaking and Listening: 3.1
  - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 3 topics and texts*, building on others' ideas and expressing their own clearly.
  - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
  - Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.
- English Language Arts: Speaking and Listening: 3.3
  - Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.

**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 9 grams or less of sugar and at least 3 grams of total fiber.

**Lesson:**

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

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.

Clue #1: In order to be a 'go' cereal, the cereal needs to have 9 grams or less of sugar. Can someone show me how we write that as a mathematical expression?

(9 grams sugar  $\leq$  Go Cereal)

Why do you think it is important to limit sugar to 9 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 in a few hours (it is not very filling).

This is where you can find sugar on the nutrition label (Slide #1).

Clue #2: A 'go' cereal must have at least 3 grams of fiber. Can someone show me how we write that as a mathematical expression?

(3 grams fiber  $\geq$  Go Cereal)

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 Logs.)

(Slides #2 through #4) Let's look at these together and see which "go" cereals are 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).

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". (Alternatively use slides #5 and #6.)

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