

3 *January Supplemental Activity: Design a Cereal Box*

Nutrition Lesson(s) Supported:

- Break-the-fast

Supplies Needed:

- Paper
- Writing utensils (colored pencils, markers, crayons)
- Cereal Box Visuals

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to design a cereal box
- (Optional) 15 minutes to have students present their design to the class and answer questions

Audience (grades): 3rd grade

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.
- English Language Arts: Speaking and Listening: 3.6
 - Speak in complete sentences when appropriate to task and situation in order to provide requested detail or clarification.

Lesson:

This month we learned how to tell if a cereal is a "go" or "slow" cereal. Who can tell me how we can tell if a cereal is a "go" cereal?

(Go cereals have 9 grams or less of sugar and 3 grams or more of fiber.)

Are 'go' cereals usually advertised to kids or adults? Why?

(Show cereal box examples asking the following for each.)

Who do you think this cereal is being advertised to?

How can you tell?

What do you like about this cereal box design?

What don't you like?

Can you think of creative ways to get kids more interested in 'go' cereals?

Now it is your turn! Your job is to design a 'go' cereal box that will appeal to kids your age. (Optional) Then you will show your design to the class and answer any questions they have.