

# Eating Between The Lines



## EBTL Module 03 - Activity 01

**Activity:** Why do we need to eat breakfast?

### Outcomes

Children will share their favourite breakfast foods with one another.  
Children will discuss the importance of eating breakfast every day in order to have the energy to run, play, think, and learn.  
Children will be able to identify the names of a variety of breakfast foods and beverages, and recognize how these foods are spelled.

### Points to emphasize

- Eating breakfast gives you the energy you need to run, jump, learn, play, and think.
- Eating breakfast helps you to grow and be strong.
- Eating breakfast helps you to feel full until lunch or snack time.

### Vocabulary

Breakfast: an important meal to be eaten every day which should include a variety of foods from the four food groups  
Healthy: good for the body and mind  
Variety: eat foods from all food groups

### You Will Need

- 2 flashlights, one with batteries and one without.
- Chart paper and markers

### Procedure

1. Discuss the following questions: (a) Did you eat breakfast this morning? (b) What time of day do we eat breakfast? (c) Do you think it is important to eat breakfast? (d) Why do you think breakfast is important? Brainstorm some ideas here.
2. To illustrate the importance of breakfast, have two flashlights at the front of the room. One flashlight should have batteries in it, the other one should not have batteries in it. Ask two children to come turn on the flashlights. Explain that the batteries in the flashlight are like breakfast for us. If we provide the necessary batteries (food), then our brains are able to light up and work for us. However, if we start our day without food, our brains will react much like the flashlight without batteries.
3. Gather children for a brainstorm of breakfast foods. Have children think about things they have eaten, have seen others eat, or would like to eat for breakfast. Document the ideas on the flip chart paper. Add to these ideas throughout the theme element.

### Teacher Tips

Darken the room for the flashlight illustration.