

Eating Between The Lines



EBTL Module 03 - Activity 04

Activity: What's Your Favourite Breakfast?

Outcomes

Children will explore a variety of breakfast foods and beverages.
Children will share their favourite breakfast foods with one another.

Points to Emphasize

There is a cultural diversity in the types of breakfast foods people eat.

Teacher Information

This is a good activity to get children talking about favourites and food preferences. It is important to remind children that not everyone likes the same foods. If you do this activity together as a group, it is likely to have an impact on others' desire to try new things and be more adventurous with food.

You Will Need

- Chart paper and markers
- Paper plates
- Craft items for children to use in their visual representations such as pasta, feathers, paper, markers, cereal

Procedure

1. Gather children to talk about favourite breakfast foods.
2. List these favourites on chart paper. There are no wrong answers here.
3. Encourage children to visually represent their favourite breakfasts on the paper plate.
4. Display these breakfast plates next to our list of "favourites."