

Eating Between The Lines



EBTL Module 03 - Activity 08

Activity: Write a Breakfast Song!

Outcomes

Children will identify the reasons why eating breakfast is a smart choice.
Children will explore a variety of breakfast foods and beverages.
Children will be able to identify the names of a variety of breakfast foods and beverages and how these foods are spelled.
Children will be able to discuss the importance of eating breakfast every day in order to have energy to run, play, think, and learn.

Teacher Information

See the Writing section for information about shared writing.

You Will Need

- Flipchart
- Markers

Procedure

Gather children to do some song writing! Choose a familiar tune such as "Twinkle, Twinkle" or "Happy Birthday" and have children come up with lyrics that have to do with breakfast. Record them onto chart paper.
The following is the song that we wrote. Sing the song to start your day every day during the unit.

The Breakfast Song (tune: Twinkle, Twinkle)

**Eating breakfast is the rule,
Cereal and milk is very cool.
Apple juice is good for you,
Oranges and honeydew.
It's the way to start the day,
It gives us energy so we can play!**

Teacher Tips

This is lots of fun! You may need to sing the "real" song a number of times and clap the beats so that the children can match the new words to the tune.