

Eating Between The Lines



EBTL Module 03 - Activity 09

Activity: Following a Recipe

Outcomes

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 recognize how these foods are spelled.

Teacher Information

As part of a balanced literacy approach, it is important to expose the children to a diversity of printed material, such as the recipe below. This approach makes children aware that print surrounds us—we don't only read books. See the Reading section for information about shared reading.

You Will Need

- See recipe for food ingredients (you can mix and match, take some out, add some new ones) You can put the food ingredients in plastic bags and label them.
- Tongs, scoop, spoon, and bowls (all labeled).
- Enlarged copy of the recipe.

Procedure

1. Read the recipe together first and show the children the cooking utensils and food items that are listed.
2. In pairs, invite children to follow the recipe and make their own bag of trail mix to take home!

Pre-School Trail Mix

Wash your hands. Get out your bowl. Measure your ingredients and put them into your bowl.

1 scoop of coconut

1 scoop of cereal (choose one with more than 2 grams of fibre and less than 8 grams of sugar per serving)

1 spoonful of cranberries

1 spoonful of yogurt raisins

1 spoonful of raisins

Use the tongs and add:

3 apple rings

3 apricots

Stir your ingredients together. Put your yummy trail mix into a bag. Take it home and enjoy!

Teacher Tip: You could add picture clues to the recipe if you wish.

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Pre-School Trail Mix

Wash your hands.

Get out a bowl.

Measure your ingredients and put them in your bowl.

1 **scoop** of unsweetened coconut

1 **scoop** of cereal

1 **spoonful** of cranberries

1 **spoonful** of yogurt raisins

1 **spoonful** of raisins

Use the **tongs** and add:

3 apple rings

3 apricots

Stir your ingredients together. Put your yummy trail mix into a bag. Take it home and enjoy!