Activity: Flannel Board Breakfast

Outcomes

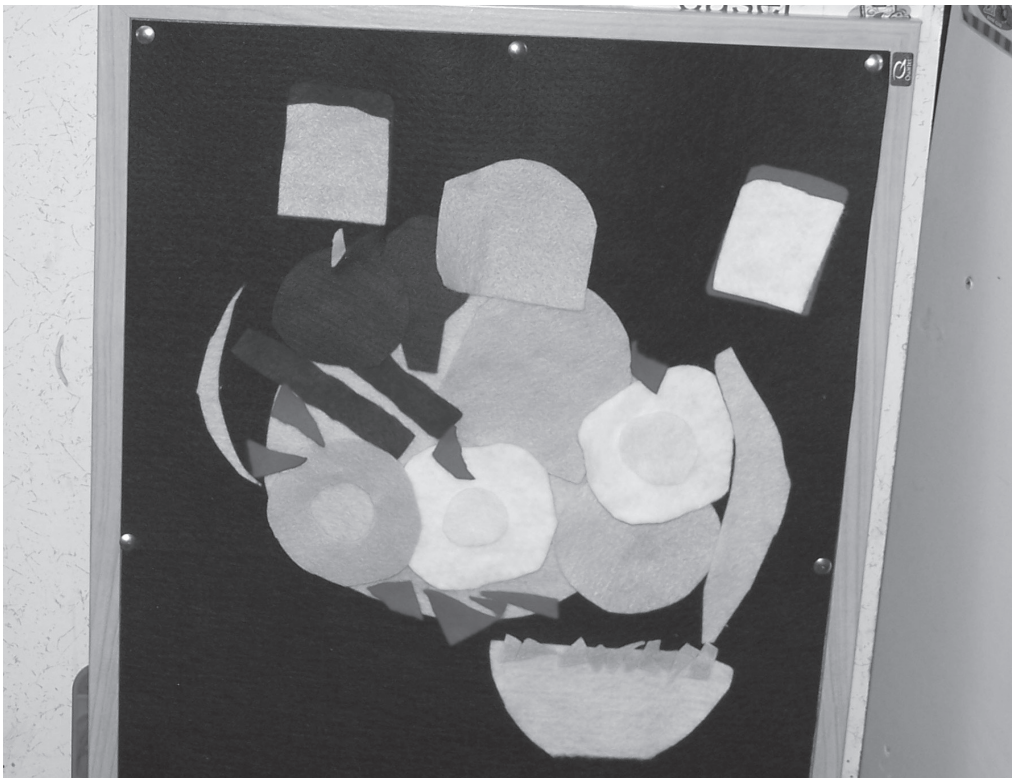
Children will be introduced to breakfast meal planning by choosing from a variety of foods from across the four food groups.

You will need

- Flannel board–you can make your own using a bulletin board with large pieces of black felt stapled on.
- Laminated breakfast food pictures with velcro on back or flannel food shapes.

Procedure

1. Challenge the children to build a healthy, balanced breakfast (or other meal) using the food pictures.

Teacher Tips

Have some felt pieces and scissors available so that they can add their own food ideas!