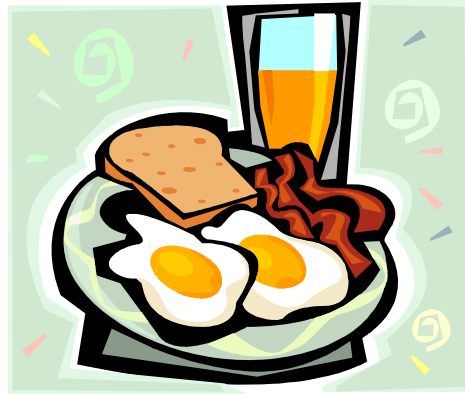


#10407 FOOD SAFARI: BREAKFAST



BIG KIDS PRODUCTIONS, INC., 2003
GRADE LEVEL: Ps-1
29 MINUTES

DESCRIPTION

Hand puppets shop for breakfast foods and discover how maple trees are tapped for syrup, how milk comes from cows, how corn from corn fields turns into cereal, and more. Shows some factory processing, and gives the nutritional value of cereal, peaches, milk, and orange juice.

ACADEMIC STANDARDS

Subject Area: Health-Nutrition and Diet

- Standard: Understands essential concepts about nutrition and diet.
 - ◆ Benchmark: Knows that some foods are more nutritious than others. (See INSTRUCTIONAL GOALS 1.)
 - ◆ Benchmark: Knows healthy eating practices (e.g., eating a nutritious breakfast, eating a variety of foods, eating nutritious meals and snacks at regular intervals to satisfy individual energy and growth needs). (See INSTRUCTIONAL GOALS 1.)

INSTRUCTIONAL GOALS

1. To emphasize the importance of a good breakfast.
2. To examine the origins of five healthy breakfast foods.

VOCABULARY

- | | | |
|--------------|-------------------|-----------------|
| 1. additives | 8. farm | 14. prepare |
| 2. boiling | 9. groceries milk | preservatives |
| 3. breakfast | 10. mineral | 15. safari |
| 4. calcium | 11. nectarines | 16. sap |
| 5. cereal | 12. oranges | 17. sugar shack |
| 6. dairy | 13. peaches | 18. syrup |
| 7. explorers | | 19. tap trees |

Background

Kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. In addition, a balanced breakfast means you are more likely to meet daily nutritional values, keep your weight under control, and have lower blood cholesterol levels. So don't run out the door on an empty stomach!

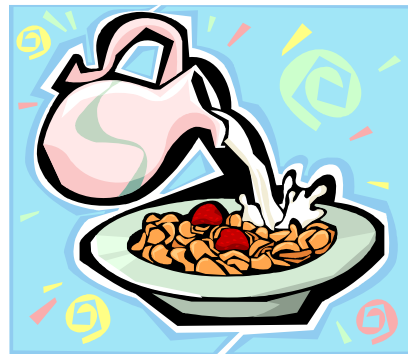
DURING SHOWING

1. View the media more than once, with one showing uninterrupted.
2. Obtain examples of the breakfast foods shown in the media. Pause the media after each food is introduced, and pass the item around for the children to see.

AFTER SHOWING

Discussion Items and Questions

1. What do oranges grow on?
2. What is cereal made from?
3. What kinds of cereal did we see in the media?
4. What is your favorite kind of cereal?
5. Where does milk come from?
6. How does milk help us grow?
7. Where do peaches come from?
8. What type of food is a peach?
9. Where does maple syrup come from?
10. How is maple syrup made?
11. What did the kids eat at the breakfast party?
12. What can you eat maple syrup on?
13. What is your favorite breakfast food?
14. What is your least favorite breakfast food?
15. How do you feel if you skip breakfast?
16. Why do some people skip it?



Application and Activities

1. Have your own breakfast party featuring the foods in the media.
2. Visit a local grocery store to see how they handle foods after they reach the store.
3. Have a nutritionist visit the classroom to discuss the importance of a good breakfast.

RELATED RESOURCES

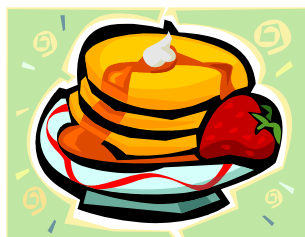
Captioned Media Program

- [*Daily Food Choices for Healthy Living #3115*](#)
- [*Interactive Guide to What's Inside: Nutrition Food Labels #9004*](#)
- [*Oranges: From Farm to Table #3385*](#)

World Wide Web



The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.



- **MASSACHUSETTS MAPLE PRODUCERS ASSOCIATION**

<http://www.massmaple.org/>

Contains instructions on how to make your own maple syrup and links to classroom materials for order.

- **CALIFORNIA TREE FRUIT AGREEMENT**

<http://www.eatcaliforniafruit.com/>

Contains nutritional information and fruit facts on fruits grown in California.

- **THE STORY OF MILK**

<http://www.moomilk.com/tour.htm>

Teaches young students about the lives of dairy cows, how cows are milked, and how milk is processed. Color photographs accompany the text and help describe the diets of cows and what their barns look like.