

## Eating Breakfast Tally & Relay

### Description:

Many students think products simply come from factories or stores. This hands-on activity helps students understand that before an item ever leaves a factory, or enters a store, it began as a resource or product in the natural world - most likely agriculture while also teaching the importance of breakfast and exercise.

### Directions:

#### Part I: Breakfast Relay

- 1) Set up a 25-30 foot long space to run the relay. Hallways, gym or outside works best.
- 2) Divide students into two teams (red and blue to match the cards). Each team gets a set of food cards and bags labeled Earth, Farm, Store and Factory.
- 3) Place a set of bags about 30 feet away from the starting line. Teams should be formed into two lines at the starting line, facing the bags. For grades with limited reading ability, review the food cards with your students before running the relay. Point out that each card has a picture and words to figure out what the source is.

#### The Relay

When a student is at the front of the line they should:

- 1) Pick a food card from a pile at the front of the line.
  - 2) The student looks at the picture on the card and decides if the source of the item on the card is the Factory, Store, Farm or Earth.
  - 3) They run to their team's set of bags and put the food card in the bag they think is the source of the item on their card. If kids ask what "source" means, at this point simple tell them it means where it comes from.
  - 4) The student runs back to the team, tags the next player in line and sits down at the back of the line
  - 5) Continue the relay until each team member has had one turn. The first team done wins!
- Or do they? Now review the food cards to see if they were placed in the correct bags.

#### Reviewing the Bags

- 1) After both teams finish, have students gather around as you sort through the pictures in each bag. Place the red and blue teams bags side-by-side in order of Factory, Store, Farm and Earth. (see image at right)
- 2) Review the Factory bag first. Most cards will be in the Factory or Store bags the first time you run the relay. Pick a card out of the Factory bag and ask what ingredients were used to make this food. (Example: Honey Nut Cherrios, ingredients are oats and honey). Ask them where these ingredients came from. Their answers should be a farm, bees, etc.). Move the card from the Factory bag to the Farm bag. Tell students the source of the ingredients came from a farm. The ingredients were brought to a factory, made into a product, and sold in a store, but the initial source is the farm.
- 3) Remind students this is a source relay. Their job is to find the source of the items on the picture cards. Work your way through the rest of the Factory and Store bags, moving the cards into the Farm or Earth bags as students tell you the source of the ingredients. At this point say, "Look, everything is in the farm or earth bag." Most likely a student will already have said this out loud.
- 4) Run the relay a second time. Tell the students you think they have learned a lot and could do a better job if they ran it a second time. Set up the race again and compare bags at the end of the race. This will help you assess students' understanding of the source of their food. Most cards will be in the Farm bag.



**Grade Level:** K-5

**Essential Skills:** 4, 5, 9

**NGSS:** K-ESS3-3, 4-ESS3-1

**CCSS:** SL.K.3, SL.6, L.6

**Social Sciences:** K.2, K.10, K.17, 1.12, 3.12, 5.11, 4.18

**Health:** HE.1.3.1, HE.1.4.1, HE.1.5.1

**Time:** 60 minutes

#### Materials: Breakfast Relay Kit\*

- 40 Breakfast Food Cards\*
- 8 paper bags with farm, factory, store, and earth labeled\*
- White Board or poster paper for class frequency table
- Frequency Tables Worksheet
- Marvin Before & After Breakfast Worksheet
- Fuel Your Brain with Morning Grains Worksheet

#### AITC Library Resources:

- *Grown in Oregon Map*
- *Ag Tag*
- *ABC's of Agriculture*

#### Books:

- *Pancakes, Pancakes!*
- *Where Does My Food Come From*
- *World Farming*
- *How Did That Get in My Lunchbox?*

5) At this point, tell students farmers and ranchers rely on natural resources like clean water, soil and air to raise their crops. Farmers and ranchers must take care of their land, resources and the earth to be successful. These are all part of the earth. So, you could say that everything in the Farm bag actually goes into the Earth bag.

Wrap Up - Hold up the food cards and tell students all of the foods on the cards are made with ingredients grown in Oregon. Oregon farmers and ranchers grow more than 220 different commodities. In fact, Oregon is one of the top three states for diversity of crops, climate and agricultural variety. We are lucky to live in such a delicious state.

### Part II: Breakfast Tally

1) Talk with students about breakfast: "Breakfast really is the most important meal of the day. Children who eat breakfast have longer attention spans, do better on tests and are generally happier. Breakfast is also important in maintaining a healthy body weight. Hunger sets in long before it's time for lunch, but because it's not convenient to eat properly, many people who have not eaten breakfast, snack on food that are high in fat and sugar. Today, we are going to look at what everyone is eating for breakfast!"

How many students ate a healthy breakfast today? 						
Day	Ate Breakfast	Fruit/Veggie	Dairy	Grain	Protein	Exercise
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Tally Marks | = 1      |||| = 5

2) Post a large tally sheet in the classroom with a diagram like the one above. The tally sheet should have columns for recording the number of students who ate breakfast daily and what it included. This will be used to record the students' breakfasts and exercise for a week.

3) Ask students who had breakfast. Record that number on the sheet. For younger grades you may need to explain how a tally system works. Each person who has breakfast is represented by a "I". Show how groups of five are represented as |||| with a side slash to help counting by 5s.

4) Next, gather data on the quality of the breakfast. How many students had a fruit/vegetable with breakfast? How many had grains? Were they whole grains? Dairy? Protein?

5) As you record the data, talk about the importance of a healthy breakfast. Important: Be an example of a healthy breakfast eater for your students and share what you ate.

6) Add exercise to the tally sheet, everyone in the class will get to add their recess activity; and students can also add activities like walking/biking to school, sports and other games that got their bodies moving.

7) Have the class set goals for students to all eat breakfast and exercise daily.

8) At the end of the week, have each student create a frequency table using the Frequency worksheet. A frequency table uses numbers to show how often something happens.

9) Reward the class for their successes at the end of the week with something like an extra recess.

10) Have students throughout the week of tracking their breakfast habits complete the Marvin Before & After Breakfast worksheet and the Fuel your Brain with Morning Grains worksheet to accompany this lesson.



# Activity Page

## Frequency Tables

Student Name: \_\_\_\_\_

### Creating Frequency Tables

A frequency table uses numbers to show how often something happens.

Example: There are 15 student in this class. The table shows how many students ate a healthy breakfast each day of the week and what types of foods were in their breakfasts. Did everyone eat breakfast by Friday?

Day	Breakfast	Fruit/Veggie	Dairy	Grain	Protein
Monday	6	6	5	5	5
Tuesday	10	6	5	10	5
Wednesday	10	10	10	10	10
Thursday	11	7	10	10	10
Friday	15	8	10	15	10
Goal Y/N?					

**Directions:** Use the information from your class Breakfast Tally and Exercise sheet, create a frequency table. You will need to first count the tally marks for each day in each section. Record the numbers on the sheet below.

Day	Breakfast	Fruit/Veggie	Dairy	Grain	Protein	Exercise
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Goal Y/N?						

- 1) On what days did everyone in the class eat breakfast?
- 2) On what days did everyone in the class exercise?
- 3) How many people ate their grains on Wednesday?
- 4) What else can you tell from the frequency table about your class?



# Activity Page

## Marvin Before & After Breakfast

Student Name: \_\_\_\_\_

**Directions:**

Read the breakfast poem and answer the question. Then draw pictures of Marvin before and after breakfast.

A Breakfast Poem  
Marvin missed his breakfast,  
Now he's grumpy, tired and restless  
When the teacher started reading,  
He thought, "That's now what I'm needing."  
The thoughts in Marvin's Brain,  
were of eggs, fruit, milk and grains.

Why do you think Marvin was **"grumpy, tired, and restless?"**

Draw a picture of Marvin before and after he eats a good breakfast.

**Marvin BEFORE Breakfast:**

**Marvin AFTER Breakfast:**



# Activity Page

## Fuel Your Brain with Morning Grains!

Student Name: \_\_\_\_\_

### Directions:

Did you know eating grains at breakfast gives you energy to start the day?

Kids who eat a healthy breakfast are able to think and learn better at school. They have more energy to play too!

Most kids need to eat 5-7 servings of grains every day. A serving of grains could be a slice of bread, 1/2 cup of oatmeal, rice, pasta, or 1 cup of dry cereal.

### Directions:

1. Circle the **grain** food in each of the breakfast menus listed below.

#### Breakfast 1:

Corn Flakes  
Blueberries  
1% milk



#### Breakfast 2:

Scrambled Eggs  
Whole Wheat toast  
apple sauce  
1% milk



#### Breakfast 3:

Small bran muffin  
yogurt  
strawberries



#### Breakfast 4:

breakfast burrito  
(eggs, salsa, and cheese  
wrapped in a corn tor-  
tilla)  
grapes



2. Draw a picture of your favorite breakfast. Be sure to include a grain!





**Sausage**



**Pears**



**Waffles**



**Raspberries**



**Bacon**



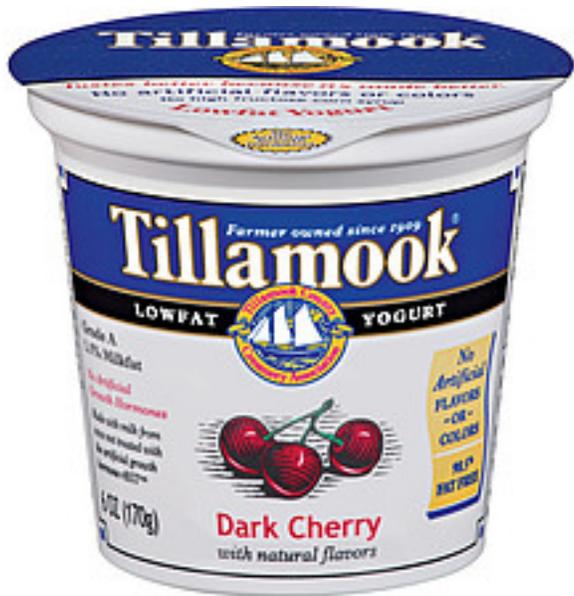
**Cereal**



**Cranberry  
Juice**



**Potatoes**



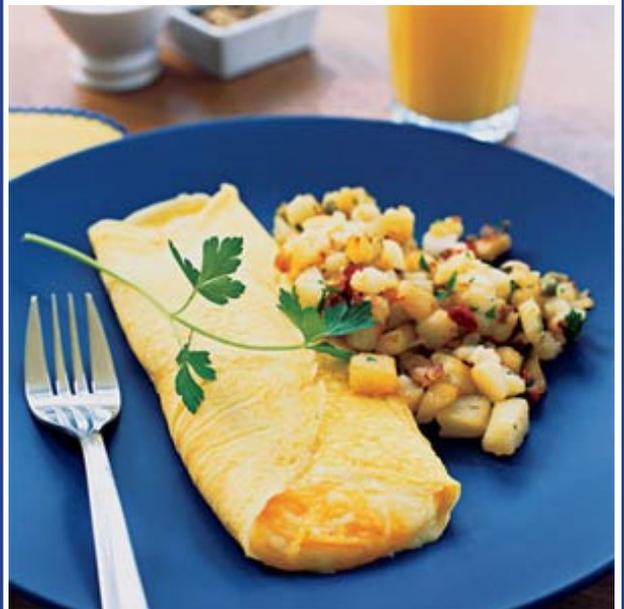
**Yogurt**



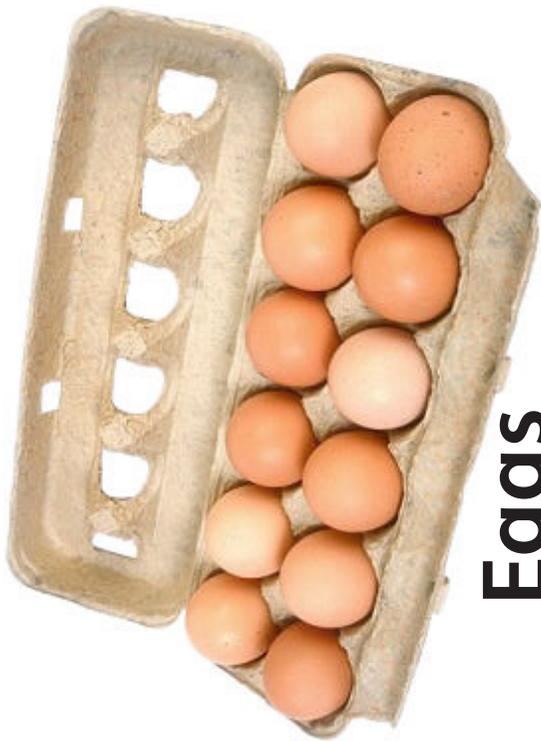
**Milk**



**Muffins**



**Omelet**



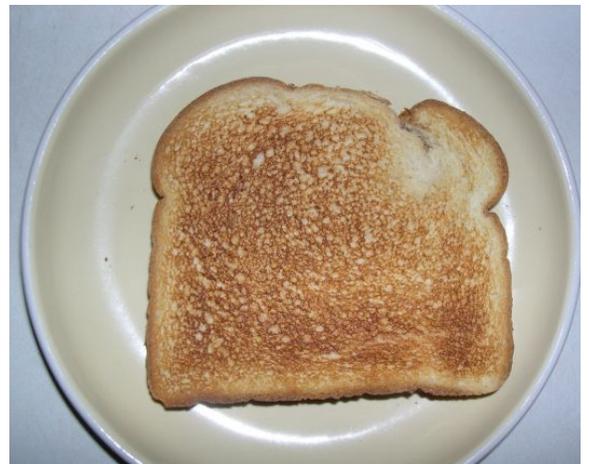
**Eggs**



**Oatmeal**



**Pancakes**



**Toast**



**Earth**



**Farm**



**Store**



**Factory**



**Sausage**



**Pears**



**Waffles**



**Raspberries**



**Bacon**



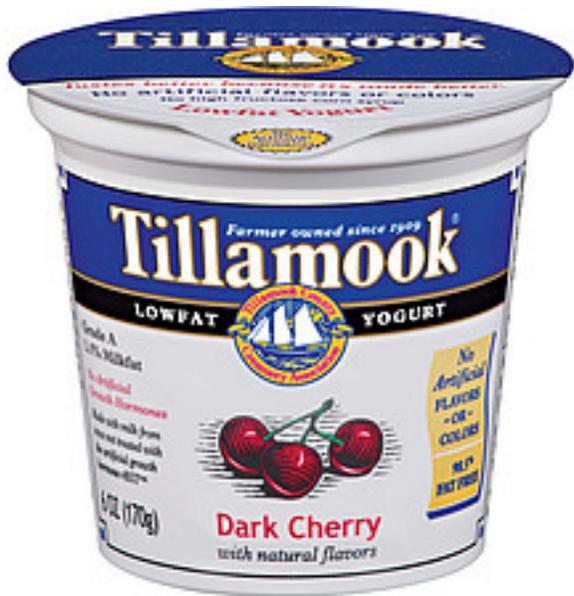
**Cereal**



**Cranberry  
Juice**



**Potatoes**



**Yogurt**



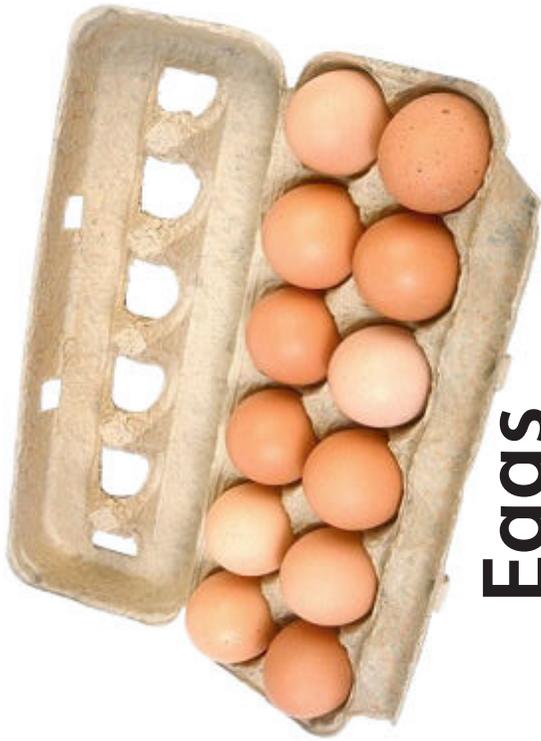
**Milk**



**Muffins**



**Omelet**



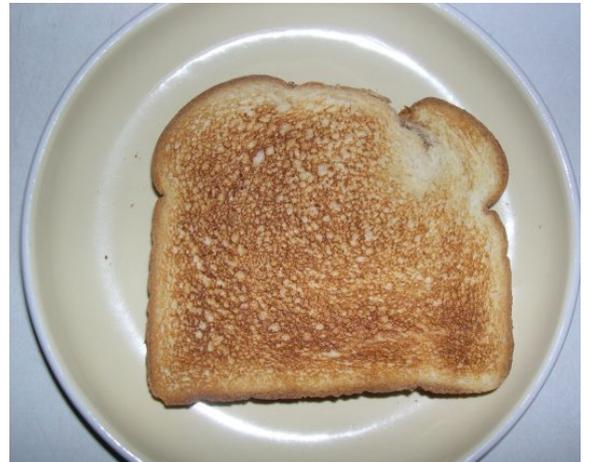
**Eggs**



**Oatmeal**



**Pancakes**



**Toast**



**Earth**



**Farm**



**Store**



**Factory**