

FOOD EXPLORERS

Step by Step — Learn about and taste different foods

Cereal!!!



Step 1

Mystery Food?

- Pick a cereal to explore. Try some oat flakes or small-sized shredded wheat biscuits.
- Place some of the cereal in a paper bag.
- Tell your students a mystery food is inside and they are going to solve the mystery.
- Have your students reach their hand into the bag and feel the food. Don't peek!
- Ask your students questions, such as: Is it hard or soft? Do you need to cook this first before you eat it? What shape is it? What meal would you eat this at?
- Reveal the cereal.

Step 2

Explore the Food

- Ask your students questions and use the stories from the read-aloud options below to explore this food.
- What is cereal made from? Grains, which are the seeds of grass plants. *Examples of grains we grow in our province include wheat, oats, rye and barley.*
 - What kinds of cereal have you tasted? *Hot: oatmeal, cream of wheat; Cold: corn flakes, rice krispies, Cheerios, granola.*
 - *Story options:*
 - [Goldilocks and the Three Bears](#) by Jan Brett
 - [The Little Red Hen](#) by Paul Galdone

Step 3

Cook and Eat together

- Use one of the recipes below or visit [Better Together](#) for other tasty ideas.

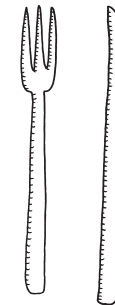
CEREAL

- [Berry Baked Oatmeal](#)
- [Granola Bar Recipe](#)

Feel free to share what you did with your child's caregiver.

Did you use your own recipe?

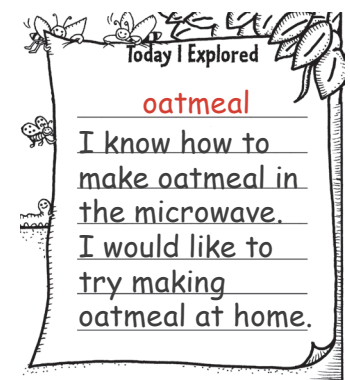
Consider sharing it with the [Better Together](#) community.



Step 4

Journal the Experience

- Have your students journal their experience by writing or drawing what they learned about the food on a blank piece of paper.



Explore our [Food Explorers program](#) and other [downloadable resources.](#)

