



Jr. Chef Club Brainy Breakfasts Lesson 4

Nutrition Facts- Cereal Label Activity

Break students into groups of 4 or 5 and distribute one breakfast cereal kit to each group. Pass out one empty sugar bag with label to each student.

Demonstrate/explain the activity:

1. Read the breakfast cereal labels. Find # of sugar grams in cereal.
2. Write the cereal name, and the number of grams of sugar the cereal contains, on the bag's blank sticker label.
3. Measure $\frac{1}{4}$ teaspoon of sugar per gram into the bag and zip shut (remember to use proper measuring techniques).
(Optional: If students are capable, they can convert grams into teaspoons by dividing by 4):

$$\underline{\quad} \text{ grams} \div 4 \text{ grams per teaspoon} = \underline{\quad} \text{ teaspoons}$$

4. Have the children come up to the 'Sugar in Cereal' poster board with their cereal's bag of sugar and tape it onto the board in the proper row.
5. Have students clean up their area and wash their hands for snack.

