

What's Really in the Bowl?

Standards of Learning

Science: 6.1

Health: 6.2, 7.2

Objective

The student will be able to:

- identify critical information on food labels
- correlate suggested serving sizes to nutritional information
- collect and analyze data of food products

Materials

- 6 cereal boxes (one box with cereal still in it)
- cereal bowls
- dry measure (measuring cups)
- metric scale

Background Knowledge

Breakfast is essential to a balanced diet. What we eat as well as how much can start the day with energy for the morning or a burst of instant energy.

Eating a regular, healthy breakfast does make a difference. Studies show it improves your overall health and well-being. School children who skip breakfast have greater hyperactivity, irritability, and anxiety; more disruptive classroom behavior; more tardiness; and a decreased ability to concentrate and solve problems. Eating breakfast reduces fatigue and sleepiness in the mid-morning hours; helps banish away the blues; improves concentration, increases alertness, and helps one function more efficiently. Academic performance is generally better when breakfast is eaten. Children who eat breakfast perform better on standardized achievement tests and have fewer behavior problems in school.

Cereals are a popular breakfast choice in many households. Just what is in breakfast bowl? Does it fill you with whole grains, vitamins, minerals, and perhaps even a little protein or just a sugary start to the day?

Procedure

1. Provide a sampling of cereal boxes for the class to examine.
2. Have a student come up and pour a bowl of cereal. The bowl should represent the amount the student would serve themselves for breakfast.
3. Read the serving size listed on the box. Measure how much the student has poured and write the number of servings on the board. Most likely, the student will have poured significantly more than one serving.
4. Determine and record the amount of calories, fat, carbohydrates, fiber, and sugars that would be consumed if they were to eat the amount of servings written on the board.
5. Record all data on the What's Really in the Bowl? Worksheet.
6. Measure this amount of refined white sugar into a different bowl using the metric scale. Compare the total amount of cereal to the amount of sugar.



7. Read the label to determine the calories, fat, carbohydrates, fiber, and sugars in a recommended serving.
8. Record all data on the What's Really in the Bowl? Worksheet.
9. Divide the class into groups and provide a sample box for each group.
10. Provide students time to analyze each box and record the findings. Rotate boxes until students have recorded information for each sample box.
11. Lastly, have each group try and put the cereals in order from most healthy (1) to least healthy (5). Record in the health ranking column and discuss results.

Extension

Analyze other breakfast items using labels. How does cereal compare to breakfast options such as toast (be sure to subtract the fiber), orange juice, biscuits, soft drinks or any other breakfast items that the students in the class mention?

References

<http://www.elook.org/nutrition/cereals>



What's Really in the Bowl?

Breakfast Cereal	Serving Size (cups)	Calories	Total Fat (g)	Saturated Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Carbs - Sugars=	Health Ranking
EX: Froot Loops	1	120	1	0.5	26	1	13	13	



Nutrition Facts

Serving Size: 1-1/4 cup (32g)

Amount Per Serving

Calories 126 **Calories from Fat** 10

% Daily Value*

Total Fat 1.09 g **2%**

Saturated Fat 0.45 g **2%**

Trans Fat

Cholesterol 0 mg **0%**

Sodium 179.52 mg **7%**

Potassium 43.84 mg **1%**

Total Carbohydrate 27.52 g **9%**

Dietary Fiber 1.02 g **4%**

Sugars 10.08 g

Sugar Alcohols

Protein 1.98 g

Vitamin A 515.52 IU 10%

Vitamin C 15.04 mg 25%

Calcium 5.44 mg 1%

Iron 6.08 mg 34%



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