

4-H +Me = Health: How to Fix a Bowl of Cereal

What will we learn? 4-H members will learn what an actual serving of cereal looks like by measuring one serving into a bowl.

Why is this important? Youth will gain a visual understanding of the importance of understanding a correct portion size to prevent obesity and prevent overeating.

Prep time needed: 5–10 minutes shopping/collecting materials

Activity length: 15 minutes

What will we need?

Preparation:

- Bowl
- Measuring cups
- Different types of cereal
- Bowls



At the meeting:

- Work space large enough for demonstration with room for club members to observe.

What do I need to do?

Preparation:

1. Collect ingredients and supplies needed for demonstration.

At the meeting:

1. Cereal is one of the most common breakfast foods. It can also be a quick and easy snack or dinner at the end of a busy day. But do you know how much cereal you are actually eating? Does filling the bowl to the rim with cereal count as one serving or several servings?
2. Looking at the Nutrition Facts label can help you determine the actual serving size for a specific brand of cereal. The nutrition label will include a measurement for one serving of cereal, such as 1/2, 3/4 or 1 cup of cereal.
3. Ask a volunteer to select one of the cereal choices you provided and pour what they think is a typical bowl of cereal they would eat for breakfast.

4. Then, measure the actual serving size for that cereal and pour it into another bowl.
5. Ask members how many servings are actually in the first bowl. Then use a measuring cup to demonstrate how many servings are actually in the typical bowl. Discuss how not understanding a proper portion or serving size can result in accidentally overeating, which can lead to weight gain and excess sugar in your diet.
6. Repeat the activity with each of the different cereals provided for the activity. There can be significant variations in the serving size of different cereals.

Summary: Without calcium in our diets, our bones can suffer. Make sure to “feed” your bones by including dairy in your diet daily!

What 4-H projects does this activity connect with: Health and Nutrition

Snack connection: Animal Fun Snack Mix

Ingredients:

- 2 cups Apple Cinnamon Cheerios
- 2 cups Cheerios
- 2 cups Honey Nut Cheerios
- 1-1/2 cups animal crackers
- 1-1/2 cups pretzel twists
- 1-1/2 cups cheese-flavored snack crackers
- 5.5-ounce package of animal-shaped fruit snacks

Directions: Combine all ingredients in a large bowl and store in an airtight container.

Resources:

Kids in the Kitchen, <http://www.schoolmate.com>

www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet13CutBackonSweetTreats-BlkAndWht.pdf

www.choosemyplate.gov/food-groups/grains.html#

www.clemson.edu/extension/hgic/food/pdf/hgic4224.pdf

www.clemson.edu/etension/hgic/food/nutrition/nutrition/life_stages/hgic4106.html