

# The Cereal Bowl for Champions



Eating too much food can make you gain weight.

**Coach Note:** Read this page to yourself, to get ready for the activity.

## Purpose of Activity

To practice how to choose the right amount of cereal

## Teaching Points

1. You can eat too much cereal if you use a large bowl.
2. One cup of cereal is usually just the right amount for breakfast.
3. You can eat too much cereal if you eat out of the box.
4. One  $\frac{1}{2}$ -cup of cereal is usually just the right amount for a snack.



## What You Need

Place these things nearby:

- 1 box of any cereal
- 1 small bowl for 1 cup of cereal
- 2 serving bowls, the same size
- 1-cup measuring cup (in kit)
- $\frac{1}{2}$ -cup measuring cup (in kit)
- snack baggie

# Are You Ready to Play The Cereal Bowl for Champions Game?

---

**It's easy to eat too much cereal.**

- Cereal is fun to eat for breakfast or for a snack.
- What is your favorite cereal? When do you like to eat it?
- It is easy to eat too much cereal if you pour it into a large bowl.
- It is hard to know how much cereal you are eating if you eat right out of the box.
- Cereal tastes so good, we want to keep eating more.
- Eating too much cereal at once can make you gain weight.



# Let's Practice: How Much Cereal is in a Serving?

---

- Fill the big bowl with cereal.
- Is this bowl one serving?
- Let's find out together.

- Scoop up some cereal using the measuring cup.
- Put the cupful into the empty big bowl.
- Scoop up 1 cup at a time until the bowl is empty.
- Count how many cups were emptied.

- How many cups are in the big bowl?
- One breakfast is about 1 cup.
- How many breakfasts are in the big bowl?



Turn the  
page to find  
some helpful  
hints!

# Let's Review: You've Learned About Cereal!

---

## Eat a Healthy Breakfast.

### Here's how:

- Measure 1 cup of cereal.
- Pour it into a small bowl.
- That's just the right amount for breakfast!

Add milk and fruit, like berries or banana.  
They are good for you and help fill you up.

- Measure  $\frac{1}{2}$  cup of cereal.
- Put it into a snack baggie.
- That's just the right amount for a snack!

