BREAKFAST FOODS LOTTO

TYPE OF ACTIVITY: Math

KEY CONCEPT: Eat breakfast

OBJECTIVES:

› Children will identify and match breakfast foods on the lotto boards.

› Children will improve fine motor skills by placing lotto pieces on corresponding pictures.

MATERIALS:

› Breakfast Foods Lotto boards (See templates)

› Pictures of breakfast foods to match lotto board pictures

› MyPlate poster

PROCEDURE:

1. Show the pictures of breakfast foods to a small group of children and encourage children to name the foods and their food groups. Ask them questions to help them relate the pictures to foods they've eaten for breakfast. Suggested language:

    a. *What is this breakfast food? Yes, it is peanut butter! Can you eat peanut butter for breakfast?*

    b. *Here's a picture of a piece of toast. Do you ever eat toast for breakfast? What kind of food is toast?*

2. Show children one lotto board and encourage them to match a few breakfast food pictures to the ones on the board. Demonstrate how to place a corresponding picture on top of the correct picture.

3. Spread the individual pictures of breakfast foods out on the table, and give each child a lotto board.

4. Encourage children to take turns drawing a card and finding matches for all of the breakfast foods on their lotto board. Talk about the pictures they are matching, and encourage them to name the foods as they find them.

5. When children finish matching all of the foods on their lotto board, encourage them to play again with a different board.

ADAPTATIONS/EXTENSIONS:

Math: Have children match food models to the pictures on the lotto boards.

Math: Sort food pictures into groups (e.g., food groups, colors, shapes).

BREAKFAST FOODS LOTTO TEMPLATES

UGA extension

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BREAKFAST FOODS LOTTO TEMPLATES

Day 8: Eat Breakfast

For more activities, visit **eathealthybeactive.net**

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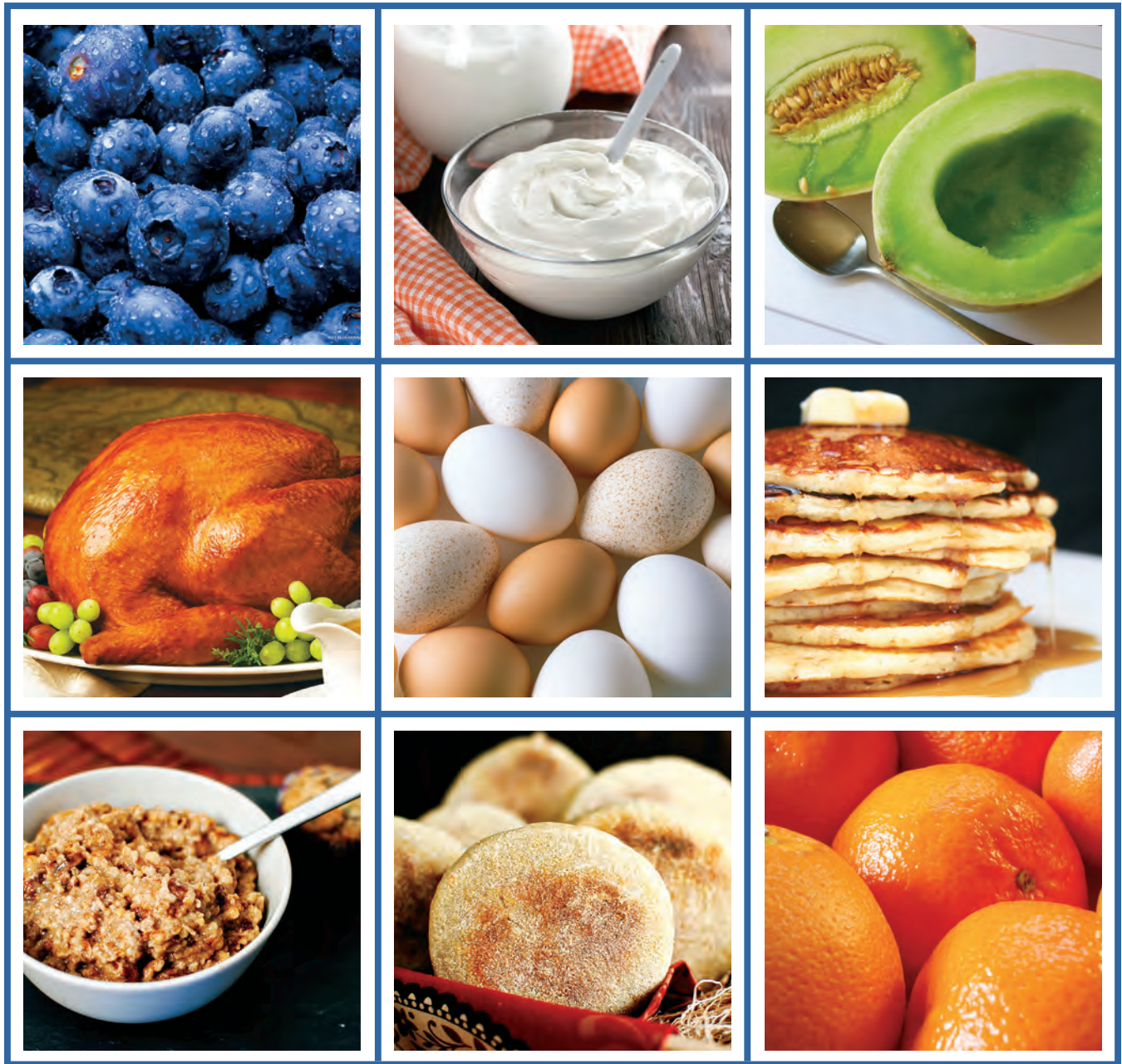
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