



EAT YOUR BREAKFAST SONG

TYPE OF ACTIVITY: Music

KEY CONCEPT: Eat breakfast



OBJECTIVES:

- › Children will identify breakfast as the first meal of the day.
- › Children will name breakfast foods while singing the song.
- › Children will use imagination to act out eating breakfast during the song.

MATERIALS:

- › Words to the Eat Your Breakfast song
- › Pictures of breakfast foods used in the song (optional)

PROCEDURE:

1. Introduce the song, and sing the first verse. Talk about why eating breakfast is important. Suggested language:
 - a. *Who remembers what breakfast is?*
 - b. *It is important to eat breakfast every day because breakfast gives us energy.*
2. Sing through the song and act out the motions. Encourage children to sing along.
3. (Optional) Before singing the song again, show the pictures of different breakfast foods and talk about them. Have children identify each food.
4. Sing the song through again, and encourage children to do the motions. Consider singing the song several days in a row so children can learn it.



ADAPTATIONS/EXTENSIONS:

Literacy: Encourage children to think of other foods to include in the song. Help them make up additional verses.

Family involvement: Share the lyrics of the song with families, and encourage them to sing the song at home.

LYRICS TO EAT YOUR BREAKFAST SONG

(Sing to the tune of "Frere Jacques")

Eat your breakfast, eat your breakfast.

Every day, every day:

Monday, Tuesday, Wednesday,

Thursday, Friday, Saturday,

Sunday, too, Sunday, too.

Eat your breakfast, eat your breakfast.

All food groups, all food groups:

Eggs and ham,

Orange juice and toast,

Oatmeal, too, oatmeal, too.

Eat your breakfast, eat your breakfast.

Every day, every day.

Fill your hungry tummy;

Make your body happy,

And strong too, and strong too.

Eat your breakfast, eat your breakfast.

Why you say? Why you say?

Eating a good breakfast,

Starts your day with energy.

Why don't you? Why don't you?

MOTIONS

(Pretend to eat)

(Count days on fingers)

(Pretend to eat)

(Hold up food pictures)

(Pretend to eat)

(Rub your tummy)

(Frame face and smile)

(Hold up and flex arm muscles)

(Pretend to eat)

(Hold up hand to cup ear)

(Point to class/a friend)



Day 8: Eat Breakfast

For more activities, visit eathealthybeactive.net