

# CHECK LIST

## Lesson #4: Start Your Engines – Higher-quality Breakfasts

### 1. Script



### 2. Props



Clear jars - 3

Jar 1. 16 to 32 grams sugar. – This jar is empty when you start lesson; a volunteer from the class fills it up with 16 scoops of sugar during the activity, then another 16 scoops for a total of 32 scoops. You should pour this back into extra sugar jar after lesson.

Jar 2. Extra sugar – This is what your volunteer scoops from during the activity. Pour sugar back into this jar at end of lesson.

Jar 3. Cup of Apple Os – This shows what one cup of dry cereal looks like. It stays closed and is not opened or changed in the lesson.



Cereal bowl – this is used as a reference during the lesson



1/4 teaspoon measuring spoon (1/4 teaspoon = 1 gram)

### 3. Handouts

#### For students:



*Compare the Labels* activity sheet

#### For parents:



Grill Me About

#### For teacher:



Teacher packet

### 4. Optional Food Sample



Food preparation instructions



Serving supplies