

## **Getting to know breads and cereals**

### **1. Talk about the different kinds of foods that are in this group**

- **Breads**
- **Cereals**
- **Cakes**
- **Crackers**
- **Cookies**

### **2. Bring in different types of bread for students to sample create a chart and graph the results**

- **Wheat**
- **Rye**
- **White**
- **Etc.**

### **3. Talk about the importance of breads/cereals in the diet**

- **Good source of energy**
- **Vitamin B1 (Thiamine) – promotes good appetite and digestion, helps the cells use energy**
- **Vitamin B2( Riboflavin) – Helps cells use energy, keeps nerves and skin healthy**
- **Iron – helps blood carry oxygen to the cells**