



# Backpack-tivity:

## An @Home Learning Activity

### Cereal Science

**Introduction:**

As you complete this activity, you'll learn what's in the cereal you eat.

**Materials:**

You'll need a pen or pencil and this paper.

**Directions:**

Read the ingredients on your three favorite brands of cereal. Make a list of the ingredients you don't recognize. Use a dictionary or <http://www.dictionary.com> to look up the definitions of those ingredients.

**Talk About It:**

List the ingredients and their definitions on the lines below. (You can also use the back of this paper.) Then talk about the information in the nutritional chart on the package. Which cereal do you think is the most healthful?

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**Learn More:**

What adjectives on the package describe your favorite cereal? Use a thesaurus to replace those words with their opposites. How good does the cereal sound now?

This activity was completed by \_\_\_\_\_ and \_\_\_\_\_.