

## Objective

By the end of this lesson, Aiden will understand the steps involved in making a bowl of cereal, including measuring, pouring, and enjoying the process. He will also learn about the importance of breakfast and how to make it a fun part of his day.

## Materials and Prep

- A bowl
- A spoon
- Cereal of Aiden's choice
- Milk (or a milk alternative)
- A clean workspace (like the kitchen table)

Before starting the lesson, make sure Aiden knows where the cereal and milk are stored. Ensure the workspace is clean and ready for use.

## Activities

- **Exploring Cereal Choices:**

Have Aiden look through different types of cereal in the pantry. Ask him to pick his favorite and explain why he chose it. This will help him think about flavors and textures.

- **Measuring and Pouring:**

Guide Aiden to measure out the cereal using the bowl. Discuss how measuring helps us know how much we are eating. Then, let him pour the cereal into the bowl.

- **Adding Milk:**

Let Aiden pour the milk over the cereal. Talk about how milk adds flavor and nutrition. Encourage him to think about how much milk he likes with his cereal.

- **Enjoying the Cereal:**

Now it's time to eat! Allow Aiden to enjoy his creation. Ask him to describe the taste and texture as he eats, making it a sensory experience.

## Talking Points

- "Why do you think breakfast is called the most important meal of the day?"
- "Can you tell me what your favorite cereal is and why?"
- "How do you think measuring helps us when we eat?"
- "What happens when we add milk to the cereal? How does it change the taste?"
- "How does it feel to make your own breakfast? Do you think you'll do it again?"