

Title: Flip for Pancakes in Liberal, Kansas

Target Audience: Preschoolers and their families

Objectives:

1. Identify where Liberal, Kansas is located.
2. Identify at least two foods that can be eaten for breakfast.
3. Make a plan to eat breakfast at least 3 times per week.
4. Read a book about breakfast or pancakes to their child.
5. Engage in one or more physical activities each day.

Teaching Materials Needed, Including Handouts:

1. Suggested book: *Pancakes for Breakfast* By Tomie de Paola or alternative book from Resource list
2. Parent pages, Rainbow Road passports, and others determined by activity choices
3. Materials for chosen physical activities and food experiences from the list below

Advance Preparation Needed:

1. Make sufficient copies of all handouts for all attendees
2. Gather chairs and set up an area for the physical activities and food experiences chosen from the list below
3. Set up a table for the food items and any props needed for the lesson

Class Outline and Methods:

Possible Themes: Pancakes, breakfast, relay races, cooking, games for young children.

Rest Stop: Suggested book: *Pancakes for Breakfast* By Tomie de Paola. Alternative book choices are listed in the Resource list.

Kansas Facts: Liberal is located in Southwest Kansas in Seward County. Each year on the Tuesday before Ash Wednesday, Liberal holds a pancake race with the women of Olney, England. Pancake Day dates back to 1445. It all started in Olney, England, when one woman was busy preparing her pancakes and the bell rang to go to church to be forgiven of her sins. She grabbed up her griddle and pancakes and ran in her apron to the church, becoming the first pancake racer. The community celebrates with a pancake feed after the race, and flipping pancake contests.

Introduction:

Let's take a trip! Today we are going to visit a pancake race in Liberal, Kansas. Have you ever seen a pancake race? Every year, the people in Liberal have a pancake race to see who can run the fastest while flipping a pancake. Do you ever eat pancakes for breakfast? Have you ever helped make pancakes? What do you like to put on your pancakes? Do animals eat pancakes? Today we are going to read a book about pancakes.

Food Activities--Choose one or more of the following:

1. Prepare pancakes with the families. Have things to add to the pancakes such as chocolate chips, chopped apples, raisins, blueberries, finely chopped nuts, etc. Serve one pancake for each person.
2. Discuss with families what foods are good for breakfast. Have the children describe their favorite food to eat for breakfast. Discuss with families what foods are traditionally eaten for breakfast in different cultures.
3. Serve a trail mix made from several different types of WIC cereals. Provide suggestions for other “on the go” breakfast ideas.
4. Make a poster from pictures of different foods that could be eaten at breakfast—have children paste the pictures of the foods on the poster and display in the WIC waiting room.
5. Offer samples of some unusual foods or ideas for breakfast meals. Provide recipes along with your quick breakfast ideas.
6. Come up with a list of several breakfast ideas using WIC foods. Provide recipes for some of the items as needed.
7. Sing the Breakfast song. Act out the different actions.

The Breakfast Song

(to the tune of “My Bonnie Lies Over the Ocean”)

My breakfast is calling this morning,
My bacon is crisp in the pan,
My pancakes are doing a flip-flop,
I’m running as fast as I can.

Get up! Get up!
Oh, roll yourself out of the bed, the bed,
Get up! Get up!
Oh, don’t be an old sleepy head!

Physical Movement--Choose one or more of the following:

1. Run a pancake race. Use small toy skillets and foam circles for pancakes. Have the children run from one end of the room to a finish line.
2. Set up different stations around the room with food models or pictures of food. Have the children take a paper plate and pick foods from each station to make a breakfast. Have the children do different movements to go from station to station (hop, skip, walk, etc.).
3. Do a zig zag toss across with foam pancakes, hose donuts or balls. Arrange the children in two lines facing each other. The first child tosses the pancake to the child across from them. That child tosses it to the next child in the opposite line, this continues until the pancake gets to the end of the line. The last child runs to the first position in his/her line and the toss starts again.
4. Draw pancakes on a paper plate. Use it to play Breakfast Delivery. Have all participants sit in a circle on the floor. One person is designated to bring breakfast. They stand and can go around the outside of the circle carrying the plate of pancakes. The person may travel around the circle in various ways (walk, run, skip, hop, etc.) When they are ready,

the tap someone on the shoulder and hand them the plate of pancakes. The rest of the participants yell "Breakfast Delivery". The new recipient of the pancakes becomes the next person to bring breakfast and the first person takes their place in the circle.

Other Optional Activities:

1. Host a breakfast bar with items donated by local grocery stores. Each participant could try different foods.
2. Provide each child with a white paper placemat. Have materials available so they can decorate it and use it at home at the table when they eat breakfast.
3. Make a "What we ate for breakfast" book or poster. Ask each child what she had for breakfast. Give each child a piece of paper and some crayons to make a picture of what she had for breakfast. Write her name on the page and display or allow the child to take the picture home.

Ending the Lesson:

1. The delegated WIC staff person should ask the attendees if they have any questions. If yes, refer them to the staff person that can answer their questions.
2. The delegated WIC staff person should ask the parent/caregiver, "What is the one thing you will try to do, based upon what you learned today?" For example, "What is one different breakfast food you will try with your family over the next month?" "How will you make that happen?"
3. Upon completion of the lesson, a designated WIC staff person should record completion in the client's KWIC record. If possible, the client's goal can also be entered into KWIC.

Interactive Component:

The client or caregiver will interact with the WIC staff as specified in the class outline. One or more interactive activities will be used in this lesson.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the class as outlined in the methods section above. See "Ending the Lesson" above.

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

Evaluation:

The evaluation will consist of interacting with the WIC staff as outlined in the class outline and methods section above.

Comments/Other: Remember to stamp the Rainbow Road Passport after the activity is finished.

Lesson Plan Written By: Pat Dunavan, 2004

Lesson Plan Revised By: Pat Dunavan, 2012, 2014

Lesson Plan Approved By:

Date:

Dear Parents

There is nothing like the smell of warm pancakes for breakfast! Today we traveled to Liberal, Kansas for the annual pancake races. We read a book about pancakes and talked about breakfast. Breakfast is important for children to stay healthy and ready to learn.



Breakfast need not be just eggs and cereal. Be creative—try some of these ideas:

- * Pizza—serve leftover pizza for breakfast
- * String cheese with turkey or ham rollups
- * Trail mix made with WIC cereals, raisins, sunflower seeds, or other good things.
- * Breakfast burritos—tortilla with egg and your favorite add-ons (cheese, green pepper, sausage, etc.)
- * Pancakes topped with applesauce or your favorite fruit.
- * Fruit juice smoothie made with fruit juice, nonfat dry milk and pieces of fruit.

Try these fun activities with your child this week:

- * Have a pancake race using a paper plate or toy skillet to carry the pretend pancakes.
- * Make breakfast with your child. Children can help make pancakes or fix trail mix.



- * Go to your local library (walk, if possible) and read a book about breakfast.
- * Take a walk around your neighborhood or at a nearby park.
- * Use a paper plate as a Frisbee or play catch with your child.