Young children are usually enthusiastic about breakfast and will try most of the traditional fare — cereal, eggs, and pancakes. Capitalize on this enthusiasm with a breakfast program.

Young children love to serve breakfast on trays to their parents, so you might arrange the materials for this program on a breakfast tray. Set the table to get children into the habit of placing utensils properly on the right and on the left. The Egg Carton Art will make appealing table decorations, and you can stack the children’s name tags on the tray, ready to pin on the children as they arrive.

Because children come to the preschool at different times, you might like to begin with some of the songs and frolics to get them involved in the hum of activity. (It’s far more constructive than asking lively children to “Please settle down!”) Practice “The Breakfast Song” below so everyone will be all ready to sing with gusto when the formal program begins. After the song, use fingerplay and poem to introduce the program. When everyone is settled, read some of the picture books on eggs, pancakes, or cereal. Then extend the book experience through the songs and action rhymes in this chapter, and try a craft and a tasting experience. Remember: the games will allow young children to “get the wiggles out.”

Initiating Activities

The Breakfast Song

(To the tune of “My Bonnie Lies over the Ocean”)

My breakfast is calling this morning, (Motion with right hand.)
My bacon is crisp in the pan,
My pancakes are doing a flip-flop, (Hop.)
I’m running as fast as I can.

Get up! Get up! (Run in place.)
Oh, roll yourself out of the bed, the bed.
Get up! Get up!
Oh, don’t be an old sleepy head!

(End this with a cheery “Good Morning!”)

What Do You Like to Start the Day?

(A Breakfast Bill of Fare)

What do you like
When you roll out of bed?
A nice warm slice
Of homemade bread?
Dip it in egg,
Slop it in cream,
Fry it in butter,
Or whipped mar-jar-een.
Pour on a syrup
You like the most
Love that breakfast
With warm French toast!
What do you like
When you first get up?
A tall glass of milk?
Cocoa in a cup?
Maybe some juice.
Like a glass of sun.
That’ll start your day
All ready for fun!
What do you like
For a breakfast crunch?
Snap, crackle,
Pop! Pop!
Chew and munch!
Pour on the milk,
And eat it quick
Unless you like

Rice puffs that are ick!
What do you like
Cooked in a pan
Sausage or bacon
Or country ham?
What about eggs
Sunny-side up?
Or once over easy
Just lick ‘em up!
Love that breakfast
Most any way,
Super start
To a happy day!

(Leader: Have children clap hands or snap fingers to get into the rhythm.)

Glass of Sunshine Fingerplay

Pick an orange
Round like the sun,
Slice it open
To make two from one,
Get a glass,
Then twist and squeeze,
Orange juice sunshine
From a tree!

(Raise each arm high.)
(Roll hand over hand.)
(Stretch!)
Books about Pancakes

Carle, Eric. *Pancakes, Pancakes*. Knopf, 1970. Hungry Jack asks his mother for a large pancake breakfast. She agrees to make it if he will help. Jack cuts down the wheat, takes it to the miller to be ground, gathers an egg, milks the cow, mixes the batter, and helps his mother fry the pancakes. But he needs no help to eat it. Bright collage illustrations tell the sequence of events.

Related Activities about Pancakes

**Pancakes, What a Treat!**

(A Fingerplay)

Flapjacks

(Flapjacks)

Hot-on-the-griddle cake!

(Throw arms in air.)

Pancakes

(Clap.)

Pancakes

(Clap.)

Flip-over-easy cakes!

(Turn hands: palms up, then down.)

Blueberry

(Squat lower on each word.)

Buckwheat

(Jump high with arms raised.)

Buttermilk

What a treat!

**Pancake Stack**

Children form a semicircle around the leader who does actions of pouring the batter and flipping the pancakes with an imaginary spatula.

Is everybody ready to make pancakes?

Here is our pan.

First, I'll pour in the batter

Everybody put in two round spoonfuls.

Good. Just right.

Look at that! You're starting to spread.

You're GOOD LOOKING PANCAKES!

I can see lots of bubbles coming.

You're ready to turn over.

Pancakes, flip!

Pancake one — stack.

Two — stack.

Three — stack.

(Count as each child puts hands on top of each other's, each child stacking a hand on top of another's hands until everyone has made one big pancake stack.)

Just what I wanted for a morning snack!

I LOVE PANCAKES!

(Leader hugs the pancake hands stack.)

Cooking and Tasting

Almost anyone will come running for pancakes for breakfast. Just so you'll have plenty of pancake batter, here's a recipe for a mix to keep on hand.

**Big Batch Pancake Mix**

10 cups all-purpose flour

2½ cups instant non-fat dry milk

½ cup sugar

¼ cup baking powder

2 tablespoons salt

Mix the above ingredients and store in a large airtight container. Put in a cool, dry place for up to eight months. This recipe will make about 13 cups of pancake mix.

**Pleasing Pancakes**

Please yourself with your favorite fruit cooked inside these pancakes.

1½ cups pancake mix (above)

1 egg, beaten slightly

1 cup water

3 tablespoons oil

Place pancake mix in medium-sized bowl. Combine remaining ingredients in small bowl. Add liquid mixture to the dry mix and stir just until blended. Let stand 5 minutes. (Children can do all these steps.) Now, pour the mixture on a prepared griddle or electric skillet. Cook 3-4 minutes, turning once. Add your favorite fruit as the pancake is turned — blueberries, sliced peaches, sliced strawberries. This recipe makes between 10 and 12 4-inch pancakes. Serve with warmed applesauce, a sprinkle of brown sugar, or some thawed berries and juice.

**Chocolate Pancakes**

1 egg

1½ cups milk

1½ cups pancake mix (above)

½ cup Nestle's Quik

Mix ingredients just until blended. Pour onto prepared griddle or electric skillet and cook about 3-4 minutes, turning once. This recipe makes about 10 medium-sized pancakes. For extra fun, write on the pancakes. Make an extra-thick chocolate batter by adding one tablespoon of pancake mix and 2 tablespoons of Quik to the ½ cup prepared pancake mix. Drizzle onto the uncooked side of pancake just before it's ready to be flipped.