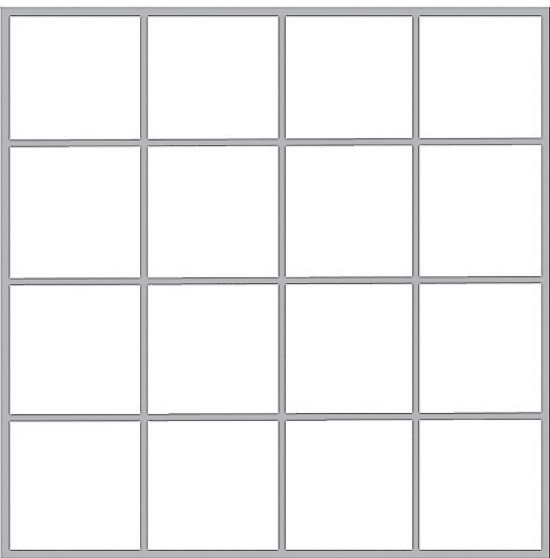
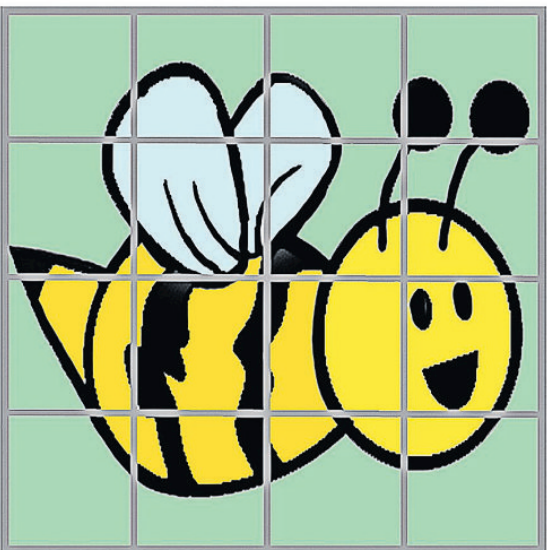


DRAWING WITH MARK!

Get a pencil and use the grid below to draw the busy bee as shown. The grid will help you line everything up. Keep practicing and having fun!



Watch Drawing with Mark!

- Check your local listings at www.DrawingwithMark.com
- Find the award-winning “Drawing with Mark” DVD episodes at Amazon.com and www.moviezyng/DWM.aspx

WORD FIND

Cereal

Oatmeal

Grits

Post

Breakfast

Kellogg

Sugar

Milk

Bowl

Spoon

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FREEPIK IMAGES

Breakfast of champions

Erika Enigk
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It’s breakfast time! What are you having? If you’re like a lot of people, you’re probably sitting down with a nice big bowl of cereal. So as you sit and munch on your favorite cereal, let’s read up on its history!

Hot cereal

Hot cereal has been around for hundreds of years and might even be something you like to eat today. Oatmeal, grits and porridge are all examples of hot cereal. Native Americans ate grits, which became popular in the Southern states, but if you live in the Northern part of the United States, you probably don’t eat grits too often.

Cold cereal

You might be surprised to learn that cold cereal came along as a health food. And the reason was that before cereal, most people ate giant breakfasts with a lot of meat, bread and butter, which made them not feel very good. In 1863, a man named James Caleb Jackson invented something lighter for breakfast, a cereal he called granula,

which a surgeon named John Harvey Kellogg made a new version of and called granola. Then, one of his patients, named C.W. Post, created a cereal he called Grape-Nuts, which you can still buy today. If you think some of those names look familiar, go to your pantry and look at the boxes. Kellogg’s and Post are both cereal makers today. Cereal wasn’t the first food originally thought of as a health food. Around the same time granula came along, a pharmacist named John

S. Pemberton was working on a drink he said could be used as medicine for common illnesses. The recipe has changed a lot, but that drink, Coca-Cola, is still around. Most cereal today is pretty different from granula or even Grape-Nuts. You can get cereal with marshmallows or chocolate, and many of them have a lot of sugar, which makes them not very healthy. But one thing is for sure – no matter what you like, you’re bound to find a cereal that tastes good to you.



Activity: Invention time

Make your own cereal (or at least imagine it). There are lots of recipes online if you want to make cereal from scratch, or you can take the best parts of the cereal you like and make something new. Some good questions to ask yourself:

- Will your cereal be healthy or sugary, or maybe both?
- What shape will your cereal be?

• What flavor will your cereal be? Or will there be more than one flavor? Maybe you’d like a cereal that’s plain Cheerios and Honey Nut Cheerios in the same bowl, or maybe you like Frosted Flakes mixed with Corn Flakes.

- Will there be extras like marshmallows?

• Once you’ve invented your cereal, name it and design a box. Will there be a character on the box? Who will like the cereal best – kids or adults?

ANGELS FROM THE ATTIC By Mark Marderosian

