

## 59 - Cereal

For a long time, most people didn't even eat breakfast; and, if they did, it was just leftovers from the night before. Or heavy meats. John Kellogg invented cereal as a healthy breakfast alternative -- but why? And what is cereal made of?

Back in the 1870s, two brothers ran a Health Resort in Michigan. People from around the country would go there to be treated for all sorts of ailments -- many of them stomach related. The eldest brother figured their problems may be due to what they were eating. So, he created a product made of flour, oatmeal and cornmeal -- with no sugar added -- that was baked into hard cakes then smashed into little granules. He called it granola! This man's name was John Kellogg! He served this granola as a MEDICINAL food -- plain and dry. And while it might've been healthy for you -- it was also super boring. People did not love it. However, John's younger brother, Will Kellogg, had a brilliant idea! By adding milk, the sweetness of the oats and grains really popped! And the patients began eating it up -- literally. While John Kellogg saw people getting healthier -- Will Kellogg saw the money potential of this breakthrough food called cereal!

### What You'll Learn

1. How were breakfast cereals invented? How did they become so popular?
2. What magical ingredient is added to nearly all breakfast cereals?
3. What is the most popular breakfast cereal of all (despite having less of the magical ingredient)?

### Activities

1. Make a Fruit Loop necklace. Fruit Loops are perfect because they are colorful, but you can just as easily use a Cheerio or other round-with-a-hole-in-it cereal. This is less about the cereal and more about the hand-eye coordination involved making them.
2. Make some rice cereal treats! Check out this recipe from [Kelloggs](#). Make sure an adult does all of the hot parts. For some extra fun, you could add peanut butter, chocolate chips, sprinkles or other fun add ins.
3. Do some science! Did you know that your cereal is likely fortified with iron? Sometimes kids don't have the best eating habits so iron is added to cereal to make sure kids have enough to grow. Check out [this](#) experiment and see if you can separate the iron in your cereal!

## Additional Resources

You've likely watched an adult make pancakes or other breakfast food but do you know how they make cereal? Check out [this](#) video to see how breakfast flakes are made! Are there flakes in your favorite cereal?

## Kid News

Have you ever seen a waterfall of fire? Can such a thing even happen? Well, it can in places that have volcanos, but it can also be a beautiful illusion that happens in Yosemite National Park. For a short, two week period in February, a temporary waterfall forms. If the conditions are right and the light hits just right, it looks like the waterfall is on fire high on a cliff. Read about this amazing waterfall [here](#).<sup>1</sup>

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<sup>1</sup> This activity guide is for the Who Smarted? podcast [www.WhoSmarted.com](http://www.WhoSmarted.com)