



Cereal manuals made by mankind.

# HOW TO EAT CEREAL

## Instruction Manual



Figure 1

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# TABLE OF CONTENTS

## Part One: **Introduction** ● 1

- 1. Purpose of Manual ▪ 1
- 2. New Guinea Dining Habits ▪ 2
- 3. Cereal Nutrition Benefits ▪ 3

## Part Two: **Materials** ● 5

- 4. Types of Cereal ▪ 5
- 5. List of Materials Needed to Prepare Cereal ▪ 6

## Part Three: **Preparation** ● 7

- 6. Step-by-Step Directions for Preparing Cereal ▪ 7
- 7. Eating the Cereal ▪ 8

## **Glossary** ● 9

## **About The Author** ● 10

## **Bibliography** ● 11

## LIST OF FIGURES

**Figure 1** – bowl of cereal • i

**Figure 2** – continental style • 2

**Figure 3** – kids eating on floor with hands • 2

**Figure 4** – cheerios and trix nutrition facts • 4

**Figure 5** – lucky charms cereal • 5

**Figure 6** – a spoon • 6

**Figure 7** – women eating cereal • 8

**Figure 8** – picture of author • 10

# Introduction

Cereal is a breakfast food that is very popular in the U.S. made from roasted grain and usually eaten in a large bowl filled with milk, using a spoon.

## Purpose of Manual

The purpose of this manual is to teach the people of New Guinea how to properly prepare and eat cereal.

People in New Guinea do not eat cereal for breakfast and the Manual Co. would like to provide step by step instructions on how to eat cereal.

## New Guinea Dining Habits

Dining habits in New Guinea is fairly relaxed and easy going. There aren't many rules pertaining to dining etiquette and it is common for guests to arrive 10-15 minutes late to dinner ("Food, Dining...", 2013).



Figure 2

Dining habits can vary drastically throughout New Guinea with some people eating continental style and others with their hands and on the floor (2013).



Figure 3

## Cereal Nutrition Benefits

According to “Health Benefits of Cereal”, Cereal is a great way to start the day that has plenty of nutrition and many health benefits which include:

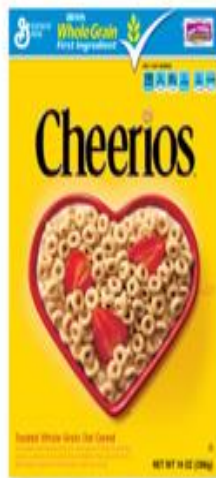
- Good source of energy
- Rich in high mineral content
- Prevent constipation and color disorders
- Help maintain blood sugar levels
- Reduce risk for cancer
- Lower risk of multimorbidity
- Provide vitamins and protein to body.

**Caution: Cereal should be avoided if suffering from Celiac disease or Irritable bowel syndrome.**

See next page for examples of cereal brands and their nutrition facts.

## Cheerios

Cheerios has 100 calories, and 1 gram of sugar per serving. It's low in fat, and naturally cholesterol free. Its No. 1 ingredient is whole grain oats. It delivers 14 vitamins and minerals, including calcium and vitamin D.



### Nutrition Facts

Serving Size 1 cup (28g)  
Children Under 4 - ½ cup (21g)  
Serving Size 1 cup (28g)  
Serving Size 1 cup (28g)  
Serving Size 1 cup (28g)

Amount Per Serving	Cheerios	with % cup skim milk	Cereal for Children under 4
<b>Calories</b>	100	140	80
Calories from Fat	15	15	10
% Daily Value**			
<b>Total Fat</b> 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	0%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
<b>Cholesterol</b> 0mg	0%	1%	0mg
<b>Sodium</b> 160mg	7%	9%	120mg
<b>Potassium</b> 170mg	5%	11%	130mg
<b>Total Carbohydrate</b> 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
<b>Protein</b> 3g			2g
% Daily Value**			
<b>Protein</b>	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	8%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B <sub>6</sub>	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B <sub>12</sub>	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%

## Trix

Trix is sweetened. It has 120 calories, and 10 grams of sugar per serving. It's low in fat, and naturally cholesterol free. Its No. 1 ingredient is whole grain corn. It delivers 14 vitamins and minerals, including calcium and vitamin D.

### Nutrition Facts

Serving Size 1 cup (32g)  
Serving Size 1 cup (32g)  
Serving Size 1 cup (32g)

Amount Per Serving	Trix	with % cup skim milk
<b>Calories</b>	120	160
Calories from Fat	15	15
% Daily Value**		
<b>Total Fat</b> 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 180mg	7%	10%
<b>Potassium</b> 50mg	1%	7%
<b>Total Carbohydrate</b> 27g	9%	11%
Dietary Fiber 1g	5%	5%
Sugars 10g		
Other Carbohydrate 16g		
<b>Protein</b> 1g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	25%	25%
Vitamin B <sub>12</sub>	25%	35%
Phosphorus	6%	15%
Magnesium	2%	6%
Zinc	25%	30%



Figure 4



# Materials

Before starting to prepare a cereal breakfast, determine what kind of cereal you would want to eat and the materials needed to properly eat it.

## Types of Cereal

There are many different types of cereals ranging from brands like Honey Nut Cheerios that contain “o” shaped grains flavored with honey to other brands like Lucky Charms that have multi-colored marshmallow shapes in them.

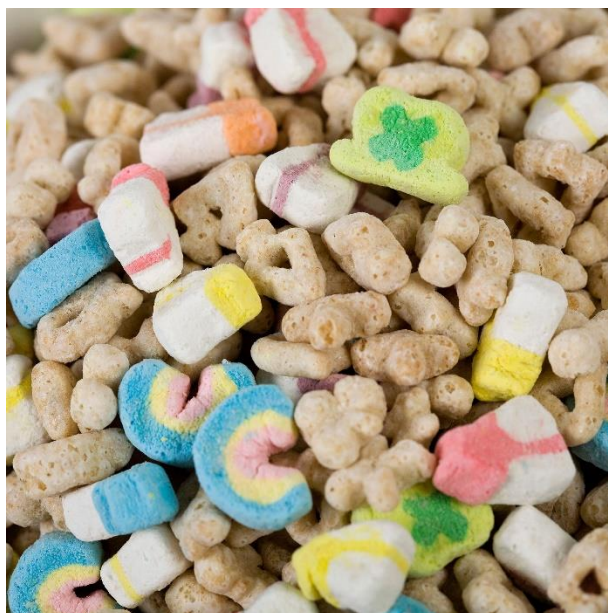


Figure 5



## List of Items Needed to Prepare Cereal

To eat breakfast cereal the correct way, the following items are needed:

- Bowl Plate
- Choice of Cereal
- Milk
- Spoon

Eating cereal with your hands is not recommended as it will cause the milk to spill everywhere. Make sure to use a spoon.

Figure 6



# Preparation

## Step-by-Step Directions for Preparing Cereal

Follow these orders to properly prepare breakfast cereal:

1. Gather all the items needed to make cereal.
2. Place the bowl on a flat surface.
3. Open cereal box and bag.
4. Place desired amount of cereal into bowl.

Note: Make sure to leave a good amount of extra space inside the bowl so that you can later pour milk in.

5. Pour enough milk inside the bowl to cover the cereal.
6. Lastly, put spoon inside the bowl.

## Eating the Cereal

Finally eating the cereal is like eating soup. Simply use your spoon to scoop up the pieces of cereal inside the bowl along with some milk and put it in your mouth.

If these steps were followed correctly, you should now know how to eat cereal for breakfast like any other person from the U.S.



Figure 7

## Glossary

**Celiac disease** - An immune reaction to eating gluten, a protein found in wheat, barley, and rye.

**Cereal** - a breakfast food made from roasted grain, typically eaten with milk.

**Irritable bowel syndrome** - a common disorder that affects the large intestine (colon)

**Milk** - an opaque white fluid rich in fat and protein, secreted by female mammals for the nourishment of their young.

**Multimorbidity** - the coexistence of multiple chronic diseases and medical conditions in the same individual

**Spoon** - an implement consisting of a small, shallow oval or round bowl on a long handle, used for eating, stirring, and serving food.

## About the Author

Kaelynn Lopez is the author of this instruction manual and an ungraduated student at Stockton University current pursuing a bachelor's degree in Computer Science.

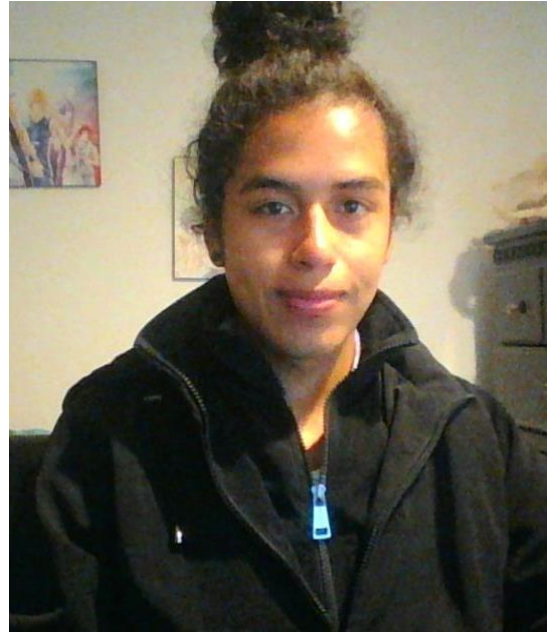


Figure 8

Kaelynn is currently taking the class, Professional Communication in the Workplace taught by Xu Song. It has honed his skills in Technical Communication and he currently holds a GPA over 3.0. Kaelynn was on the Fall 2015 Deans list and continues to educate himself with his studies.

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