

Healthy Breakfast Lessons

The following healthy breakfast lessons are from the University of Maryland Extension.

The full “Nutrition Nuggets” curriculum is available on-line at:

http://md.nutrition-ed.org/tmp/Nutrition_Nuggets_Revised_9-5-12_01_01.pdf

The “Up for the Challenge” curriculum is available at:

http://md.nutrition-ed.org/tmp/Up_For_The_Challenge_Review_06-07-2012_FINAL.pdf

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| Lesson #1 | Sugar in breakfast cereals |
| Lesson #2 | The elements of a healthy breakfast. |
| Lesson #3 | The benefits of a healthy breakfast |
| Lesson #4 | The benefits of a healthy breakfast, how to choose a healthy breakfast, and sample breakfast recipes |

4: Extras - Sugar



Activity A: Serious Cereal

Objectives:

Participants will be able to:

- Locate sugar on the Nutrition Facts Label

Materials:

- ✓ "Cereal Nutrition Facts Labels" handout
- ✓ Cereal Sugar cards
- ✓ 6 small containers of sugar
- ✓ 6 teaspoons
- ✓ 6 Small baggies
- ✓ Knife
- ✓ Paper bowls
- ✓ Plastic spoons

Food Supplies (for approximately 20 participants):

- ✓ 1 gallon of fat-free milk
- ✓ 10 cups of Cheerios® cereal
- ✓ 10 cups of Honey Bunches of Oats® cereal
- ✓ 10 cups of Kix® cereal
- ✓ 20 fresh strawberries

1. **TASK:** Pass out the "Cereal Nutrition Facts Labels" handout.
2. **ASK:** **Where have you seen these types of labels?**

ANSWER: Food products
3. **SAY:** Today we are going to discuss sugar and the amount of sugar found in certain cereals. Then we are going to have a cereal party.
4. **SAY:** Look for the word sugar on the nutrition facts labels on your handout. Sugar is listed in grams. Find the Honey Smacks® label.
5. **ASK:** **How many grams of sugar does 1 serving of Honey Smacks® have?**

ANSWER: 15 grams
6. **ASK:** **What label has the most sugar?**

ANSWER: Honey Smacks® (15 grams)
7. **ASK:** **How many grams of sugar are in Frosted Flakes®? Froot Loops®? Apple Jacks®?**

ANSWER: 11 grams for Frosted Flakes® and 12 grams for Apple Jacks® and for Froot Loops®
8. **SAY:** Apple Jacks® and Froot Loops® might sound healthy, but you have to read the labels to truly know the nutritional value. Let's do an activity to see how much sugar is in a variety of cereals. I am going to pass out sugar and teaspoons and have you measure the amount of sugar for 6 different cereals.

4: Extras - Sugar



9. **TASK:** Break the group into 6 smaller groups. Distribute a cereal sugar card, a container of sugar, a plastic bag and a teaspoon to each group.
10. **SAY:** One teaspoon of sugar is equal to 4 grams of sugar. Look at your group's cereal sugar card. Using the teaspoon, measure out the amount of sugar in your assigned cereal. Put the sugar in the empty plastic bag you were given.
11. **TASK:** Pick one person from each group. Have that person stand in front of the entire group and hold up his/her group's sugar bag.
12. **SAY:** One by one, hold up your group's sugar bag. State the amount of sugar (in grams) in your group's cereal.

Cereal	Amount of sugar (In grams)
Honey Smacks.....	15 grams
Apple Jacks.....	12 grams
Froot Loops	12 grams
Honey Bunches of Oats.....	6 grams
Kix	3 grams
Cheerios.....	1 gram

13. **ASK:** Which cereal has the most sugar?
- ANSWER:** Honey Smacks® has 15 grams of sugar
14. **ASK:** Which cereal has the least sugar? How much is it?
- ANSWER:** Cheerios® has 1 gram of sugar
15. **TASK:** Have the participants hold up the Cheerios® sugar bag (1 gram sugar= ¼ tsp sugar) and compare it to the Honey Smacks® sugar bag.
16. **SAY:** Look at the difference! We want to try to choose a cereal that has 3 or fewer grams of sugar or as close to 3 as possible. Out of the six cereals we measured, Cheerios®, Kix® and Honey Bunches of Oats® have the lowest amount of sugar. Too much sugar can lead to tooth decay and is linked to obesity. We also want to choose cereals that are good sources of fiber, 2 ½ grams of fiber or more. Don't forget to choose cereals with high percentages of vitamins and minerals, and low percentages of fat.

Fun Food Activity

1. **TASK:** Ask if any of the participants have food allergies to any of the ingredients. If so, **DO NOT ALLOW THEM TO PARTICIPATE.**
2. **TASK:** Have the students wash their hands.
3. **TASK:** Pass out bowls and spoons to each of the students.
4. **TASK:** Wash the strawberries and have the students cut them up.
5. **TASK:** Demonstrate pouring a small amount of cereal into a bowl—not a full serving, just a taste.
6. **TASK:** Allow the students to pour a small amount of the first cereal into their bowls.
7. **TASK:** Top the cereal with fat-free milk.
8. **SAY:** To add sweetness without sugar, top your cereal with fresh fruit. Doing this also adds fiber. Add strawberries to one cereal of your choice.
9. **TASK:** Repeat the cereal tasting process with the 3 nutritious cereals.
10. **ASK:** **What cereals do you normally eat? Do you think you will switch to some we have tried today?**
11. **SAY:** You don't have to give up your favorite sugary cereal—if you must have it mix it with a low sugar cereal like Cheerios®. Don't forget to check your cereals at home!

Cereal Nutrition Facts Labels

Kellogg's® Honey Smacks®

Nutrition Facts			
Serving Size		¾ Cup (27g)	
Amount Per Serving	Cereal	with ½ cup skim milk	
Calories	100	140	
Calories from Fat	5	5	
% Daily Value**			
Total Fat 0.5g*	1%	1%	
Saturated Fat 0g	0%	0%	
<i>Trans Fat</i> 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%	0%	
Sodium 50mg	2%	5%	
Potassium 40mg	1%	7%	
Total Carbohydrate 24g	8%	10%	
Dietary Fiber 1g	4%	4%	
Sugars 15g			
Protein 2g			
Vitamin A	10%	15%	
Vitamin C	10%	10%	
Calcium	0%	15%	
Iron	2%	2%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B ₆	25%	25%	
Folic Acid	25%	25%	
Vitamin B ₁₂	25%	35%	
* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.			
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Kellogg's® Apple Jacks®

Nutrition Facts			
Serving Size		1 Cup (28g)	
Amount Per Serving	Cereal	with 1/2 cup skim milk	
Calories	100	140	
Calories from Fat	5	5	
% Daily Value**			
Total Fat 0.5g*	1%	1%	
Saturated Fat 0g	0%	0%	
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%	0%	
Sodium 130mg	5%	8%	
Potassium 35mg	1%	7%	
Total Carbohydrate 25g 8% 10%			
Dietary Fiber 3g	10%	10%	
Sugars 12g			
Protein 1g			
Vitamin A	10%	15%	
Vitamin C	25%	25%	
Calcium	0%	15%	
Iron	25%	25%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B ₆	25%	25%	
Folic Acid	25%	25%	
Vitamin B ₁₂	25%	35%	
Zinc	10%	15%	
* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.			
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Cereal Nutrition Facts Labels

Kellogg's Frosted Flakes®

Nutrition Facts			
Serving Size		¾ Cup (30g/1.1 oz.)	
		Cereal with ½ Cup Vitamins A&D Fat Free Milk	
Amount Per Serving	Cereal		
Calories	110	150	
Calories from Fat	0	0	
% Daily Value**			
Total Fat 0g*	0%	0%	
Saturated Fat 0g	0%	0%	
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%	0%	
Sodium 140mg	6%	9%	
Potassium 20mg	1%	6%	
Total Carbohydrate 27g	9%	11%	
Dietary Fiber 1g	3%	3%	
Sugars 11g			
Other Carbohydrate 15g			
Protein 1g			
Vitamin A	10%	15%	
Vitamin C	10%	10%	
Calcium	0%	15%	
Iron	25%	25%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B ₆	25%	25%	
Folic Acid	25%	25%	
Vitamin B ₁₂	25%	35%	
* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.			
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Kellogg's® Froot Loops®

Nutrition Facts			
Serving Size		1 Cup (29g)	
		Cereal	
		with 1/2 cup skim milk	
Amount Per Serving	Cereal		
Calories	110	150	
Calories from Fat	10	10	
% Daily Value**			
Total Fat 1g*	2%	2%	
Saturated Fat 0.5g	3%	3%	
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%	0%	
Sodium 135mg	6%	9%	
Potassium 35mg	1%	7%	
Total Carbohydrate 25g	8%	10%	
Dietary Fiber 3g	11%	11%	
Sugars 12g			
Protein 1g			
Vitamin A	10%	15%	
Vitamin C	25%	25%	
Calcium	0%	15%	
Iron	25%	25%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B ₆	25%	25%	
Folic Acid	25%	25%	
Vitamin B ₁₂	25%	35%	
Zinc	10%	15%	
* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.			
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
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Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Honey Smacks®
have 15 grams of sugar
(3¾ teaspoons)
per serving.

**MEASURE OUT
3¾ TEASPOONS**

4: Extras—Sugar 

Apple Jacks®
have 12 grams of sugar
(3 teaspoons)
per serving.

**MEASURE OUT
3 TEASPOONS**

4: Extras—Sugar 

Froot Loops®
have 12 grams of sugar
(3 teaspoons)
per serving.

**MEASURE OUT
3 TEASPOONS**

4: Extras—Sugar 

Kix® have 3 grams
of sugar (¾ teaspoon)
per serving.

**MEASURE OUT
¾ TEASPOON**

4: Extras—Sugar 

Honey Bunches of Oats®
have 6 grams of sugar
(1½ teaspoons)
per serving.

**MEASURE OUT
1½ TEASPOONS**

4: Extras—Sugar 

Cheerios®
have 1 gram of sugar
(¼ teaspoon)
per serving.

**MEASURE OUT
¼ TEASPOON**

4: Extras—Sugar 

Activity A: Perfect Parfaits

Objectives:

Participants will be able to:

- Define a healthy breakfast as a meal including at least 2 food groups
- Define a healthy breakfast as a meal that is low in sugar and fat

Materials:

- ✓ MyPlate poster or handouts
- ✓ "Brilliant Breakfast" handout
- ✓ Can opener
- ✓ Measuring cups
- ✓ Plastic cups, knives, & spoons (for each participant)

Food Supplies (for approximately 20 participants):

- ✓ 20 snack sized yogurt cups
- ✓ 20 strawberries
- ✓ 7 bananas
- ✓ 8 cups of whole grain cereal
- ✓ 3 cups of nuts (almond, pecan, or walnut) (optional)

1. **SAY:** Stand up if you like to eat breakfast.
2. **SAY:** We all should eat breakfast because it is the most important meal of the day. You need breakfast to get your body going in the morning.
3. **ASK:** **What do you like to eat for breakfast?**

ANSWER: (various answers)
4. **SAY:** Today we are going learn about why eating breakfast is so important and what types of foods are healthier to eat for breakfast. It is the beginning of a new year, so it is the perfect time to get into the habit of eating breakfast every morning.
5. **SAY:** Since breakfast is the most important meal of the day, eating something for breakfast is better than eating nothing. However, some foods are healthier to eat than others.
6. **SAY:** Eating breakfast also has many benefits. Eating breakfast can help us get the nutrients we need like vitamins, minerals and fiber. These are all things that help our bodies stay healthy and strong.
7. **SAY:** Eating breakfast fuels our bodies with nutrients so that we can concentrate at school and be alert to learning new things. It also helps us feel good about our bodies and breakfast just tastes good! The foods that we eat for breakfast give us energy for the day. Remember that we must also burn off the energy we eat by doing physical activity. Therefore, we want to stay away from breakfast foods that are high in sugar and high in fat.

5: Breakfast



8. **SAY:** To help you get the nutrients you need to start the day, eat foods from two or more food groups. Multiple food groups will help provide you with the nutrients and energy you need to concentrate, be alert, energetic, and feel good. It may even help you do well in school.

9. **ASK:** **So based on what I just said, what do you think happens if you don't eat breakfast?**

ANSWER: You become less alert, less energetic, you're not able to concentrate and you may not do as well in school and on tests/quizzes.

10. **SAY:** You may also get headaches, stomach cramps, and feel grumpy if you don't eat breakfast.

11. **ASK:** Look at the MyPlate poster. What foods in each group do you eat for breakfast?

ANSWER: have kids look at each food group and identify food that they eat

12. **SAY:** You don't always have to eat breakfast food for breakfast. You could have a peanut butter and jelly sandwich or even leftover pizza. Pizza and sandwiches help you get a variety of nutrients because they are combination foods. Remember combination foods are foods that include 2 or more food groups.

13. **SAY:** We are going to look at some breakfast options and try to decide which ones are healthier choices. Remember a healthy breakfast has multiple food groups and includes foods that are low in sugar and low in fat.

14. **TASK:** Hand out "Brilliant Breakfast" handout.

15. **SAY:** Look at the 7 different breakfasts.

16. **ASK:** **Which 4 breakfasts are the healthiest? Why?**

ANSWER:

Breakfast

Why

Breakfast # 2..... It has 3 food groups and has low sugar cereal, and low fat milk

Breakfast # 3..... It has 3 food groups and is low in sugar and fat

Breakfast # 5..... It has 4 food groups and is low in sugar and fat

Breakfast # 7..... It has 2 food groups

17. **ASK:** What food groups are in each of the breakfasts?

ANSWER:

Breakfast

Food Groups

Breakfast # 1 Grains, Dairy

Breakfast # 2 Grains, Dairy, Fruit

Breakfast # 3 Grains, Fruit, Protein

Breakfast # 4 Protein

Breakfast # 5 Grains, Fruit, Vegetable, Dairy, Protein

Breakfast # 6 Protein, Dairy

Breakfast # 7 Grain, Protein (remember jelly is considered an "extra")

18. **SAY:** Breakfast #1 includes 2 food groups, but it has a lot of sugar from the cereal and a lot of fat from the milk. Breakfast #4 only includes 1 food group and it has a lot of fat from the bacon. Breakfast #6 is made up of 2 food groups, but the sausage and biscuit add a lot of fat to the meal.

19. **SAY:** To help you stay full longer you should choose foods for breakfast that are high in fiber. We will talk more about fiber in upcoming lessons, but for now know that fruits, vegetables, nuts, and whole grains like oatmeal contain fiber.

20. **SAY:** Look at the breakfasts on the handout again. Which ones include fruits, vegetables, protein, or whole grains?

ANSWER:

Breakfast

Why

Breakfast # 2 strawberries and whole grain cereal provide fiber

Breakfast # 3 oatmeal, raspberries, and walnuts provide fiber

Breakfast # 5 veggies, fruit, and whole grain toast provide fiber

Breakfast # 7 whole grain bread and peanut butter provide fiber



21. **SAY:** These fiber-rich breakfasts will keep you full longer and keep you going longer.
22. **SAY:** Today, we are going to make parfaits, a breakfast item that includes 3 (4 if nuts are included) of the food groups. But remember eating something for breakfast is better than eating nothing.

Fun Food Activity

1. **TASK:** Ask if any of the participants have food allergies to any of the ingredients. If so, **DO NOT ALLOW THEM TO PARTICIPATE.**
2. **TASK:** Display ingredients.
3. **TASK:** Have the participants wash their hands.
4. **ASK:** **What food groups are we going to include in the parfaits?**
ANSWER: Dairy (yogurt), fruit (berries and bananas), protein (optional-nuts), grains (cereal)
5. **TASK:** Pass out plastic cups, spoons, and knives.
6. **TASK:** Have the participants wash the berries and bananas.
7. **TASK:** Distribute approximately $\frac{1}{3}$ cup of cheerios, $\frac{1}{3}$ of a banana, 2 raspberries (or 1 strawberry), and 2 Tbsp. of nuts to each participant (optional).
8. **TASK:** Have the participants slice their bananas (and possibly strawberries).
9. **TASK:** Have the participants layer the ingredients in their cups and enjoy their treats!

Brilliant Breakfast

Q: Which breakfast options are the healthiest?

Breakfast #1

Sugar Coated Cereal
Whole Milk

Breakfast #2

Whole Grain Toasted Oat Cereal
Low Fat Milk
Strawberries

Breakfast #3

Oatmeal
Raspberries
Walnuts



Breakfast #4

2 Fried Eggs
4 Slices of Bacon

Breakfast #5

Scrambled Eggs with Spinach and Tomato
1 Piece of Whole Wheat Toast
Glass of Low Fat Milk
Orange Slices

Breakfast #6

Sausage & Egg Biscuit

Breakfast #7

Peanut Butter and Jelly Sandwich on Whole Wheat Bread



Activity B: Wacky Waffle Pizza

Objectives:

Participants will be able to:

- Recognize 1 health benefit of eating breakfast
- Identify a healthy breakfast as a meal with at least two food groups
- Identify a healthy breakfast as a meal that is low in sugar and fat

Materials:

- ✓ Paper plates for each participant
- ✓ Plastic knives for each participant
- ✓ Measuring cups and spoons
- ✓ Oven or toaster (if available)

Food Supplies (for approximately 20 participants):

- ✓ 20 whole grain waffles (10 whole grain bagels if there is not an oven or toaster)
- ✓ 1 (18 oz.) jar peanut butter, creamy
- ✓ 10 bananas

1. **TASK:** Review the information from last lesson:
2. **ASK:** **Why did we say eating a healthy breakfast was important last time?**

ANSWER: Gives your body the nutrients, and fiber that it needs to be healthy and strong.
3. **ASK:** **Does breakfast give you more energy, make you more alert and ready to learn?**

ANSWER: yes
4. **ASK:** **What things should we consider when selecting a breakfast?**

ANSWER: Foods that are low in sugar and low in fat; eating foods from multiple food groups
5. **SAY:** Today we are going to review why eating breakfast is important and how we can benefit from eating a healthy breakfast.
6. **SAY:** I will read three stories about students who ate different breakfasts. As I am reading, try and think about how they are different. We will talk about why they felt the way they did at the end.
7. **SAY:** Remember breakfasts that include multiple food groups and fiber help us get the nutrients we need. Fiber keeps us feeling full longer. Foods that don't contain a lot of sugar and/or fat are also good choices for breakfast.
8. **TASK:** Read the *Tale of Three Breakfasts* to the participants. SEE STORIES BELOW:

The Tale of Three Breakfasts*

Jeremy's Breakfast:

Jeremy was late for school, so he left without eating breakfast. By midmorning (around 10:00 AM), he was fidgety and had trouble concentrating. His stomach was grumbling before lunchtime, and he had trouble completing his morning math quiz.

Tisha's Breakfast:

Tisha was also running late for school, but when she got there, she went to the cafeteria and ate the school breakfast of waffles, a banana, and 1% milk. Instead of syrup and butter, Tisha topped her waffles with 1 tablespoon of peanut butter. She felt great all morning and did very well on her math quiz.

Omar's Breakfast:

Omar grabbed two doughnuts and a glass of Kool-Aid as he ran out the door for school. He was full of energy and enthusiasm for a while, then his mind started to wander, and, like Jeremy, he had trouble finishing the math quiz.

**Adapted from the Breakfast Club Worksheet 1. Source: Eat Well & Keep Moving, p133.*

9. **ASK:** Why did Jeremy feel the way he did by lunchtime?

ANSWER: He did not eat anything in the morning. His body had no energy and he was unable to concentrate on the quiz. He was hungry, tired, and distracted!

10. **ASK:** Why did Tisha feel the way she did by lunchtime?

ANSWER: She ate an excellent, healthy breakfast that combined four food groups. She was alert and energized. Tisha had the nutrients she needed to concentrate on the quiz and do well.

11. **ASK:** What were the four food groups in Tisha's breakfast?

ANSWER: Fruit (banana); Grains (waffle); Dairy (1% milk); Protein (peanut butter).

12. **ASK:** Why did Omar feel the way he did by lunchtime?

ANSWER: It was good he had breakfast, but it was not ideal. Omar's breakfast did not include foods from multiple food groups. The foods he chose contained mostly fat and sugar and made him feel tired and restless. His energy loss affected his concentration for the math quiz.

13. **SAY:** Today, we are going to make and taste the breakfast Tisha ate, Wacky Waffle Pizza!

Fun Food Activity

1. **TASK:** Ask if any of the participants have food allergies to any of the ingredients. If so, **DO NOT ALLOW THEM TO PARTICIPATE.**
2. **TASK:** Have participants wash their hands.
3. **TASK:** Display the ingredients.
4. **ASK:** **How many food groups are we using for this breakfast? What food groups are they?**
ANSWER: 3; Grains (Waffle), Protein (Peanut butter*), and Fruit (Banana).
5. **TASK:** Hand out paper plates and plastic knives.
6. **TASK:** Ask the participants to place a waffle on their plate.
7. **TASK:** Heat the waffles according to the instructions on the package in an oven or toaster oven**.
8. **TASK:** Ask the participants to wash the bananas.
9. **TASK:** Distribute 1 tablespoon of peanut butter, ½ a banana, and 1 waffle, to each participant.
10. **TASK:** Ask the participants to spread the peanut butter over their waffle.
11. **TASK:** Ask the participants to slice their bananas.
12. **TASK:** Ask the participants to place their fruit on top of the waffle/peanut butter and enjoy their breakfast!

** Substitute soy nut butter for peanut butter if a student has a peanut allergy.*

*** Substitute ½ a bagel for each waffle if you do not have an oven or toaster.*

Lesson 2: Break It Up – Breakfast First!

PREPARATION

⌚ 20 minutes

SET UP

See Set Up Details

SUPPLIES

Cell phone charger

Outcomes (All Ages)

The purpose of this lesson is to have youth:

- Discover the importance of starting each day with breakfast
- Demonstrate the ability to select a healthy breakfast
- Prepare quick and easy breakfasts



Instructor Essential Information

Research findings confirm that eating breakfast contributes to good health, improved test scores, and weight management. Youth who skip breakfast are almost twice as likely to be overweight as youth who eat breakfast.

Youth who eat breakfast do better in school. They tend to have better language and problem solving skills. Eating breakfast may also help with memory and creativity. Youth who eat breakfast have better math and reading scores, classroom behavior, and attendance. Breakfast restores the blood sugar levels that drop overnight that are essential for good physical and cognitive performance.



SET UP DETAILS

On the flip chart or poster board, write down the "Benefits of Breakfast" list (shown below). On another page, write the "Reasons Kids Skip Breakfast" list. Keep both lists hidden until the youth have finished the brainstorming process in Activity 1.

Benefits of Breakfast

- Score higher on tests
- Have more energy for daily activities
- Work faster
- More cooperative
- Less likely to be tardy to school
- Less likely to go to the nurse's office
- Have better concentration
- More creative
- Less likely to be absent
- Make fewer errors
- Helps prevent colds and flu
- Helps with weight management

Reasons Kids Skip Breakfast

- Not hungry in the morning
- Don't have time
- Want to lose weight
- Don't like breakfast
- Would rather watch TV
- Don't feel like making something
- Overslept

Lesson 2: Break It Up – Breakfast First!



Discussion

DO (All Ages) ⌚ 10 minutes

? Ask: What boosts your physical and mental performance? What keeps your weight in check and improves your diet? What starts your day off right? The answer to these questions is breakfast! Explain that the term breakfast means breaking the fast.

Tell youth: Does anyone know what this is? (Hold up a cell phone charger.) It's a charger for a cell phone. This charger transfers the energy from the electrical outlet to your cell phone battery to recharge it when it runs low.

? Ask: Can you think of another kind of battery that needs charging? Answer: your body. In the morning, the thing that gives you a charge is breakfast.

Explain that breakfast delivers the energy your body needs to get started on your daily routine just like this cell phone charger delivers energy to get the phone battery going again.

? Ask: Has anyone ever heard someone say: Breakfast is the most important meal of the day? Why is that? When you wake up, it has been between 8 and 12 hours since you ate dinner or had a bedtime snack. Imagine waiting that long to eat during the day! Even though you might not think you're doing anything while you sleep, your body is using energy and needs a boost from the nutrients in breakfast foods to think, be alert, and stay active.



? Ask: Which nutrient gives your body energy by replenishing blood sugar levels? Answer: carbohydrates. Our bodies and brains need carbohydrates to function effectively.

? Ask: Can you name other nutrients your breakfast should provide? Answers: protein, fat, vitamins, and minerals.

Lesson 2: Break It Up – Breakfast First!

PREPARATION

⌚ 20 minutes

SET UP

- See Set Up Details
- List on flip chart:
Benefits of Breakfast
- List on flip chart:
Reason Kids Skip Breakfast

SUPPLIES

- Flip chart
- Marker

PREPARATION

⌚ 5 minutes


SET UP

Make copies of the handout.

SUPPLIES

- Flip chart paper
- Markers
- Tape
- MyPlate poster

HANDOUTS & BOOKS

Building Better Breakfasts 
p. 240



Activity 1 – Brainstorming Breakfast

DO (All Ages) ⌚ 15 minutes

? Ask: Can anyone describe the benefits of eating breakfast?

Record youth responses on the flip chart or blackboard. Compare youth responses to the Benefits of Breakfast list.

? Ask: Do you know how many kids skip breakfast in the morning?

Answer: almost 1/2. In middle and high school, the percentage is even higher. As students get older, they skip breakfast more often.

? Ask: What are some of the reasons you skip breakfast? Use a flip chart to list the youth's ideas. Compare the youth responses to the Reason Kids Skip Breakfast list.



Activity 2 – Plan A Breakfast

DO (School Age) ⌚ 30 minutes

Divide youth into groups. Give each group a copy of the *Building Better Breakfasts* handout. Have each group plan at least one breakfast using three different food groups.

When they have finished, write their breakfast ideas on the flipchart. Youth may draw pictures to illustrate their breakfast choices. Post the breakfast ideas around the room.

Have the groups compare their breakfasts with MyPlate to determine if they are meeting recommendations for a healthy meal.

? Ask: Which food groups were represented in your breakfast?

REFLECT (School Age)

? Ask: Did your breakfast have a variety of foods?

? Ask: What are some ways you could add more variety to your breakfast?

APPLY (School Age)

Have each child work with members of their family to plan three easy, nutritious breakfasts that they could fix for themselves before school. Aim for three different food groups in each breakfast menu. Give them each a copy of the *Building Better Breakfasts* handout to take home.

Lesson 2: Break It Up – Breakfast First!

PREPARATION

⌚ 45 minutes

SET UP

- Read the recipes in the handout
- Set up 4 cooking stations

SUPPLIES

See recipes for ingredients and utensils list.

HANDOUTS & BOOKS

- Recipe: *Four Fun Breakfasts* p. 241
- Recipe: *Banana Split Cereal* p. 242

Now We're Cookin' - Four Fun Breakfasts

(All Ages) ⌚ 45 minutes

Have youth wash their hands using the *Proper Handwashing* steps on page 25. Separate youth into four groups as shown below to prepare the following recipes, which you will find in the handout *Four Fun Breakfasts*.



- Group 1: Fruit and Nut Oatmeal
- Group 2: Breakfast Smoothie
- Group 3: Banana Dogs
- Group 4: Breakfast Taco

Optional: As an alternative cooking adventure, try *Banana Split Cereal*. The recipe is in Appendix A. The recipe takes about 15 minutes to prepare.

REFLECT (All Ages)

? Ask: What are some other quick and easy breakfasts that you could make that combine at least three food groups?

APPLY (All Ages)

Encourage youth to make some of these breakfast ideas at home for themselves and their family members and report the family breakfast favorite back to the group.

Technology Challenge

(School Age)

Visit <http://www.fns.usda.gov/tn/Resources/EatSmart/powerupwithbreakfast.pdf> and download the Power Up with Breakfast worksheet. Complete the word jumble and use the Smoothie recipe at home.

Other sites:

<http://teamnutrition.usda.gov/Resources/eatsmartactivitiesheets.html>

<http://www.webmd.com/diet/features/many-benefits-breakfast>

Handout for Chapter 3, Lesson 2: Break It Up – Breakfast First!

Building Better Breakfasts

Plan three easy, nutritious, breakfasts that you can fix by yourself. Make sure you include at least three different food groups in each one!

Breakfast 1	
Breakfast 2	
Breakfast 3	

Handout for Chapter 3, Lesson 2: Break It Up – Breakfast First!

Recipe: Four Fun Breakfasts

Recipes

Four Fun Breakfasts

UTENSILS

Cutting board
Sharp knife
Measuring cups/spoons
Microwave oven
Blender

RECIPE	INGREDIENTS	DIRECTIONS
Fruit and Nut Oatmeal	¼ cup dried cranberries 2 tablespoons sliced almonds Quick oatmeal Water	Add the cranberries and almonds (or any fruit and nut) to quick oatmeal and water. Microwave for sixty seconds or as directed on quick oatmeal package.
Breakfast Smoothie	½ cup low-fat milk (1% or fat free) 3-5 frozen strawberries Banana	Place the milk, strawberries, and half a banana in a blender. Blend for 30 seconds. Enjoy your drink with a whole wheat bagel. Substitute any fresh or frozen fruits or 100% fruit juice.
Banana Dogs	1 tablespoon peanut butter Whole grain hot dog bun Banana 1 tablespoon raisins Optional: whole grain cereal	Spread the peanut butter on a whole grain hot dog bun. Add a banana and sprinkle with raisins. Instead of using a hot dog bun you may spread a banana with peanut butter and roll it in whole grain cereal or a whole wheat tortilla.
Breakfast Taco	2 tablespoons grated Monterey Jack cheese Corn tortilla Salsa	Sprinkle the Monterey Jack cheese over a corn tortilla. Fold tortilla in half and microwave for twenty seconds. Top with salsa.

Handout for Chapter 3, Lesson 2: Break It Up – Breakfast First!

Recipe: Banana Split Cereal

Recipe

Banana Split Cereal

UTENSILS

Cutting knife
Cutting board
Measuring cups/spoons
Mixing/serving spoons
Serving bowl
Colander

INGREDIENTS

1 small ripe banana
Blueberries (or other fresh fruit)
½ cup nonfat vanilla yogurt
½ cup whole grain cereal (Cheerios, Wheaties, Grape Nuts or Bran Flakes)

DIRECTIONS

Peel banana and slice it lengthwise from tip to tip. Wash blueberries by placing in a colander and running water over them. If you use other fruits, wash them and cut into small pieces. Sprinkle the cereal on top of the yogurt. Arrange the banana halves on either side of the yogurt. Sprinkle the top with the blueberries or other fruit. Makes 1 breakfast serving or 4-6 samples.