

**EAT**  
**CAFETERIA CONNECTION**

Make a list of the foods observed in the school cafeteria both in the school lunch program, ala carte area, and items brought in bagged lunches. Determine what foods that are typically eaten for lunch but could also be eaten as a fast and healthy breakfast.

**LEARN**  
**CLASSROOM ACTIVITY**

Objective

Students will identify ways to fit breakfast into a busy day.

10 Minute Lesson

Through group interaction students will brainstorm on ideas for quick and easy breakfast foods.

**LIVE**  
**HOME ACTIVITY**

Identify a quick and easy breakfast you could eat on the run. Plan to have the foods available and ready to go in case you are pressed for time.

## Teacher's Notes

### Background

Families may be pressed for time in the morning, but grabbing a donut and caffeine-containing beverage isn't going to do the job. A healthy breakfast should contain a variety of foods like whole grains, low-fat protein, or dairy sources and fruit. This is a winning combination to help jump start your day.

Fortunately there are many healthy options that can fit into a family's busy schedule. Here are some quick and easy breakfast ideas:

- \* Bowl of instant oatmeal topped with fruit or walnuts
- \* Whole-grain toast topped with peanut butter
- \* Low-fat yogurt topped with fruit, nuts, granola
- \* Trail mix of high-fiber cereal, dried fruit, nuts
- \* Low-fat granola bar & 100% fruit juice
- \* Bowl of ready-to-eat whole-grain cereal topped with fruit
- \* Breakfast Burrito-scrambled eggs, salsa, cheese, tortilla
- \* Leftover cold vegetable pizza and glass of 100% juice
- \* Toasted whole grain bagel with peanut butter or cheese
- \* Toasted whole-wheat waffle tipped with applesauce

### 10 MINUTE LESSON

**Introduce the topic of the lesson:** *Breakfast gives us energy for our bodies and mind after a long nights sleep. While everyone should know breakfast is the most important meal of the day, many people decide not to eat breakfast. While there are foods that are traditionally eaten for breakfast that not your only option. Let's explore some foods that are quick, easy, nutritious and delicious that we don't typically think of as breakfast foods.*

**Introduce the activity:** Have students break-up into teams of approximately 3- 5 students. Tell the students they will have 2 minutes to write down as many quick and easy breakfast foods they can think of. Encourage out of the box thinking- and come up with non traditional ideas. For example, they could eat a sandwich you might usually think of eating for lunch. Choose one person in each group who will be responsible for writing your responses. Encourage the students to think of healthy foods- for example, they should not write down soda and chips. Explain each group should have a spokesperson who will discuss the group's answers.

**Once students have finished their lists,** ask each group how many ideas they came up with. Ask the spokesperson from the group with the most ideas on their list to quickly read their list. Ask the spokespersons from the other groups if they have anything on their lists that other groups did not.

**Introduce and explain the EAT Cafeteria Connection and LEARN Home Activity to the students.**

### Optional Enrichment Idea

Assign each student a country and have them research what foods are typically eaten for breakfast in that country. Allow each student to present their findings, and ask them to comment on how morning meals compare to breakfast foods typically eaten in the U.S. How are they the same and/or different? Do the food customs of the country typically allow for more time for meals including breakfast? If yes, describe.